

Digital Distractions: Your Brain on Gadgets

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Cell Phone Challenge

- Silent mode
- Place it on the index card
- Forget about it!



Snowball Fight!

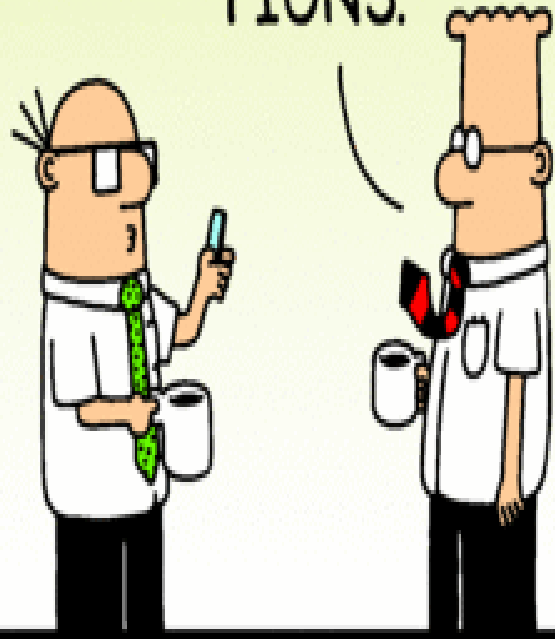
- Paper
- 2 truths and a lie
- Form lines
- Crumple up the paper
- Toss the snowball
- Determine the two truths and a lie



Session Objectives

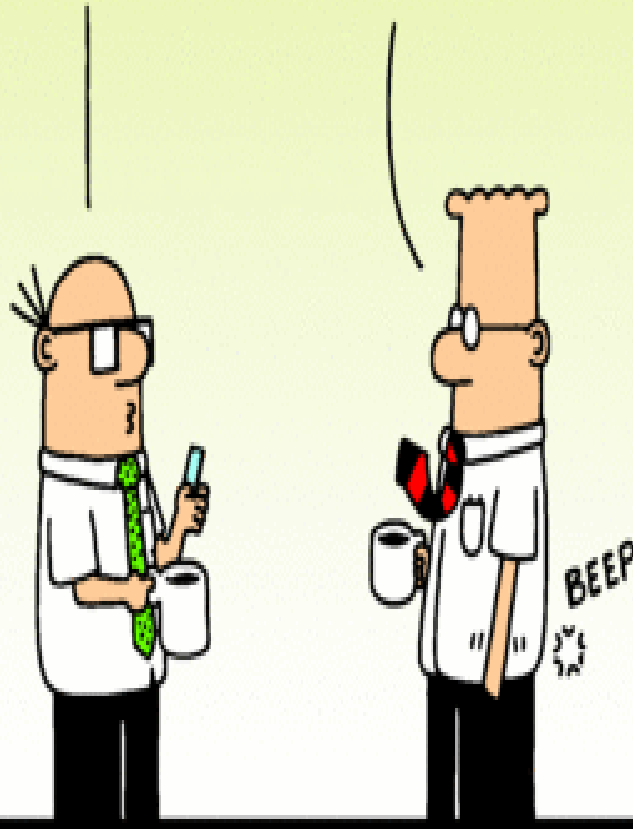
- What are digital distractions?
- Statistics and Examples of Digital Overuse
- The connection to technology
- Impact of technology distractions on health
- Striking a balance between staying connected and letting technology take over your life

STUDIES SAY PEOPLE
ARE LOSING THEIR
ABILITY TO FOCUS
BECAUSE OF ALL THE
DIGITAL DISTRACTIONS.



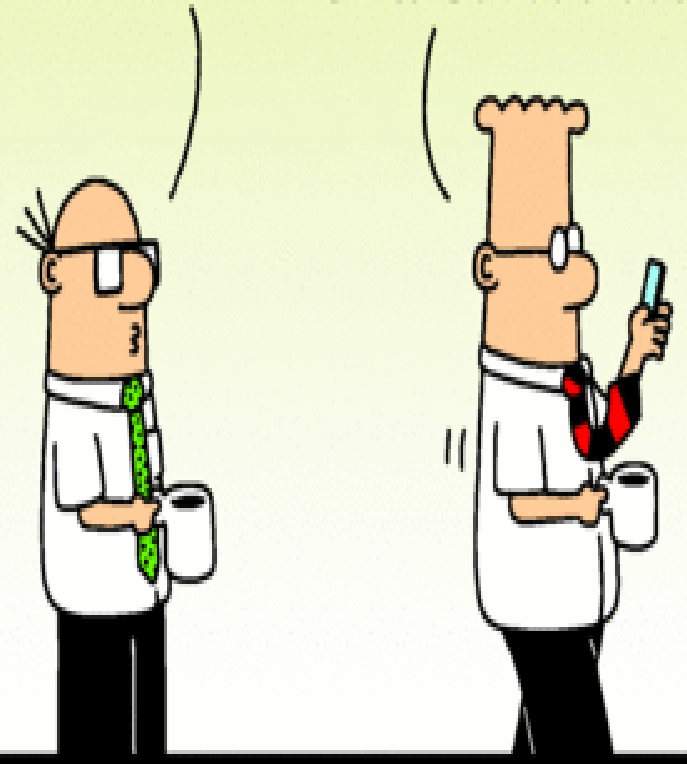
SORRY,
WHAT?

HOLD
ON...



WHAT
WERE YOU
SAYING?

I DUNNO.
PROBABLY
WASN'T
IMPORTANT.



Dilbert.com DilbertCartoonist@gmail.com

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Considerations

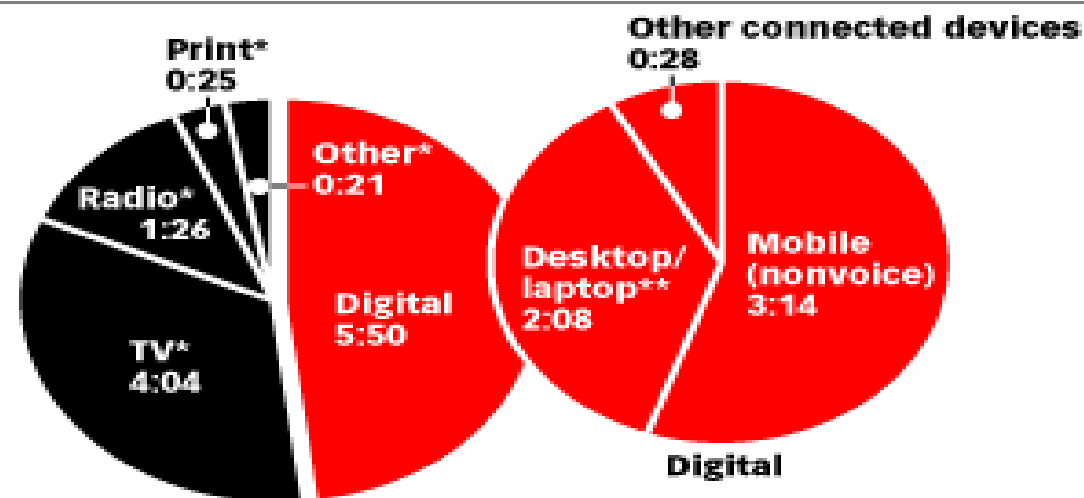
- Technology is so pervasive it can be hard to put down the phone or turn off the laptop
- Spending too much time with digital devices can be detrimental to personal relationships and even dangerous
- It is our responsibility to use technology in a way that doesn't harm others and to be aware of the impact that technology has on our health, environment and society at large

Use of Technology

- The average American spent 12+ hours per day with media
- Media multitasking is what has made so much usage possible

Average Time Spent per Day with Major Media by US Adults, 2017

hrs:mins



Total per day=12 hours 7 minutes

*Note: ages 18+; time spent with each medium includes all time spent with that medium, regardless of multitasking; for example, 1 hour of multitasking on desktop/laptop while watching TV is counted as 1 hour for TV and 1 hour for desktop/laptop; *excludes digital; **includes all internet activities on desktop and laptop computers*

Source: eMarketer, April 2017

225407

www.eMarketer.com

Use of Technology

- 46% of people surveyed say they could not live without their smartphones
- 70% of office emails are read within 6 seconds of appearing



Social Media Carousel

- Have an account?
 - Write your name on a Post- It
 - Walk around the room
 - Stick Post-Its on the poster boards



WHAT SOCIAL MEDIA

DOES
TO
YOUR
BRAIN?



WEAPONS



OF MASS DISTRACTION

Are you too connected? How?



- Internet
- Phone and Internet Gaming
- Internet Gaming
- Social Media
- Online Dating
- Personal Device Addictions
- Online Shopping






Chick-fil-A
4400 MORE ROAD
FAMILY
CHALLENGE

HOW THE
CHALLENGE WORKS:

1. Turn all family cell phones to silent and place in this coop.
2. Enjoy your meal and each other distraction free!
3. After the meal, let us know that you have successfully completed the challenge and each of you will be rewarded with an Ice Dream cone!


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4400 MORE ROAD
FAMILY
CHALLENGE



Does Technology Affect your Body?

Health Activity

- Starbursts
- Groups
- Discuss
- Share



Activity

Brain



Eyes



Arms &
Hands



Spine &
Neck



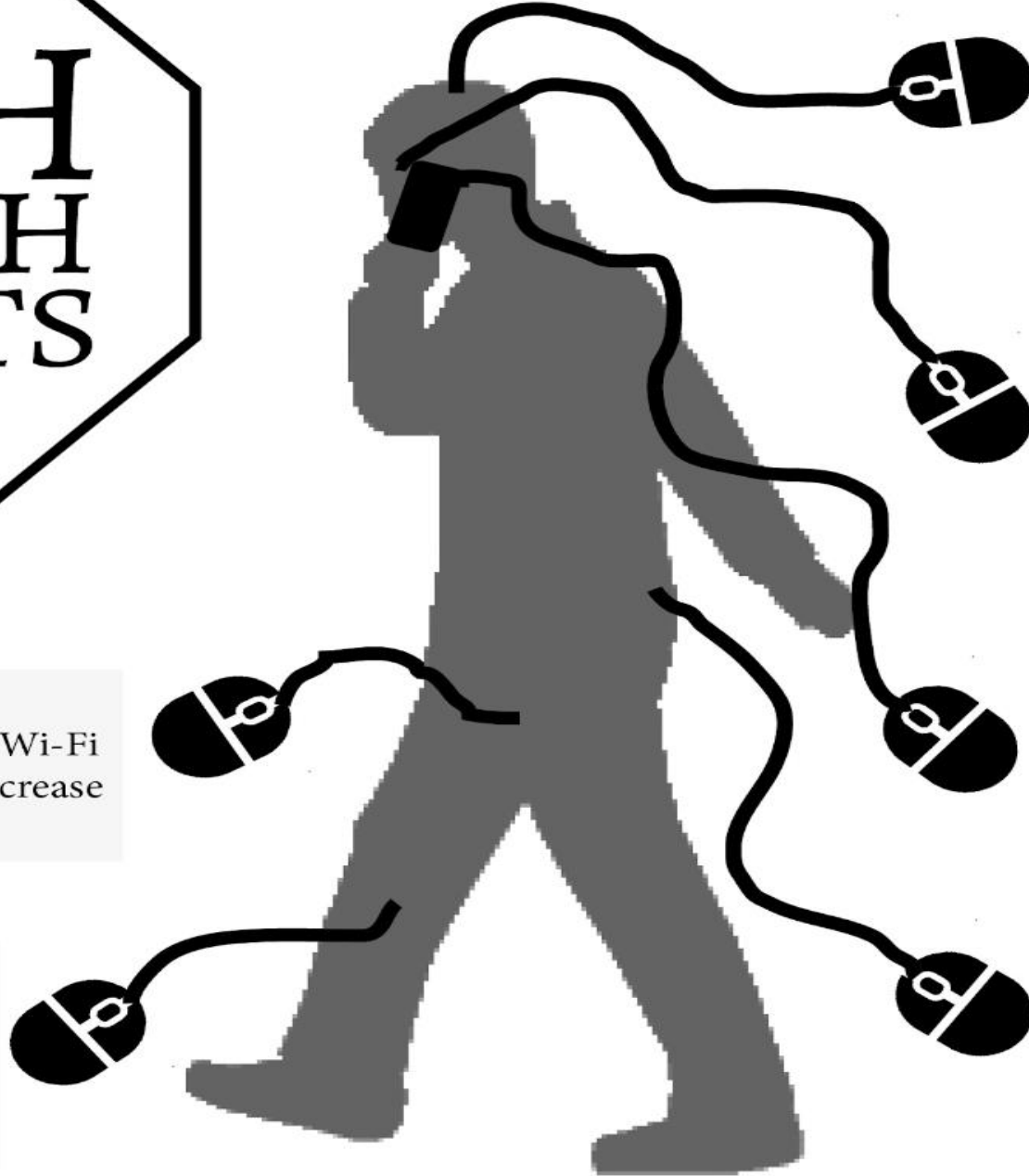
TECH HEALTH EFFECTS

Fertility:

Keeping a laptop connected via Wi-Fi on the lap near the testes can decrease male fertility

Mobility:

Sitting for more than eight hours a day can lead to thrombosis (a blood clot inside a blood vessel)



Mind:

Cellphones emit a type of ionizing radiation known to increase risk of cancer

Vision:

People who spend hours in front of the computer are prone to asthenopia (fatigue of the eyes)

Hearing:

Research suggests reducing volume to 60 percent for no more than 60 minutes a day

Posture:

Positions users sit in while using devices can cause pain and discomfort

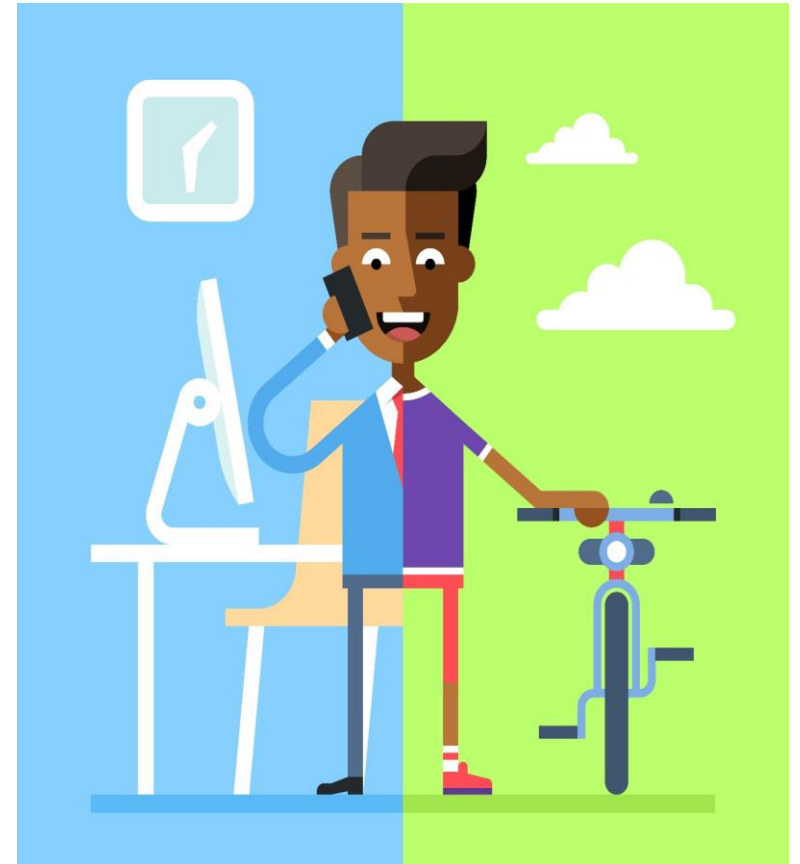
Disconnect to Reconnect

- Designate specific times when no devices are allowed or when devices are turned off, except in emergency situations.
- Create a “Tech Blackout” day once a week. More and more families are designating one weekend day for unplugged family time.



Strike a Balance

- Set boundaries for text free spaces and times. For instance, try making a pact to put away cell phones during meals, family car rides, or a particular hour of the evening.
- Manage alerts. Turn off notifications and set times to answer email or check facebook a few times a day. Not only will this boost productivity, but it will help you feel more in control.



Cell Phone Challenge Recap

- Were you tempted?
- How did it feel?
- Was it difficult?





Any questions?

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This Panda is Dancing



Survey

Thank you for attending our session!





FACEBOOK, TWITTER, INSTAGRAM
Be social! Join us @aceofpbc

Resources

- <http://www.digitalresponsibility.org/health-and-technology/>
- <https://www.thelist.com/43186/ways-cell-phone-bad-health/>
- <https://vimeo.com/193299995>
- https://www.youtube.com/watch?v=HffWFd_6bJ0
- <https://www.emarketer.com/Article/US-Adults-Now-Spend-12-Hours-7-Minutes-Day-Consuming-Media/1015775>