Related Media

**Video #1-It’s Not You: Phones are Designed to be Addictive**

Notes/Take Away

**Consider the discussion questions:**

|  |  |
| --- | --- |
| Does your phone (or your parents’ phones) have any of the addictive traps discussed in the video? Discuss the designs. |  |
| Why are these devices designed to be more addictive than helpful for users? |  |
| What are some ways students could limit the amount of time they spend looking at a screen? |  |

**Video #2-Children Treated for Screen Addiction**

Notes/Take Away

**Consider the discussion questions:**

|  |  |
| --- | --- |
| How do these people echo ideas presented in the other video?  How do they control their relationship to technology? |  |
| What does the expert recommend families do to control their relationship with technology? |  |

Closure

**Keep in mind our essential question:** *What can we learn from the article about the negative effects technology can have on its users?*

Then, respond to the following closure question(s):

Would you consider making any changes offered by video #1?

Would your family benefit from any of the advice given by the experts in video #2?

\*What connections can we make between these videos and Mildred’s use of technology in F451?