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| **Project Timeline**   1. Complete Device Usage Estimate by Jan. 7th 2. Collect Three Days of Data by Jan. 13th 3. Initial Reflection Questions by Jan. 14th 4. Choose Intentional Strategies and Digital Supports on January 14th 5. Collect Secondary Data by Jan. 20th 6. Final Reflection Questions by Jan 21st |

**Screen Time Data Collection**

**The Problem:** A recent study states that teens spend an average of over seven hours a day on screen media for entertainment, not including time spent on devices for schoolwork. *-* [Click here](https://www.cnn.com/2019/10/29/health/common-sense-kids-media-use-report-wellness/index.html) for more information.

**But why is this an issue?** Research shows that increased device usage directly correlates to feelings of isolation, restlessness, and overall dissatisfaction. It is important that we remain AWARE of how much time we spend in front of screens and the impact screen time has on our lives. We must use our devices with INTENT. Instead of using them because of boredom, we should aim to use devices with purpose and maintain BALANCE in our lives.

If you would like to find out more about how screen time can affect you watch these two videos:

1. [Simon Sinek: Addiction to Technology is Ruining Lives](https://www.youtube.com/watch?v=sL8AsaEJDdo)
2. [Blue Light and its Effects on Sleep](https://www.youtube.com/watch?v=lKuI0_NUB2U)

**To get a better picture of your digital device usage, you will be recording and analyzing your screen time over the course of two three-day periods between January 7th and January 21st. This will culminate in the Digital Literacy project to be completed during the special assembly on the morning of January 22nd.**

**1. Device Usage Estimate – January 7th**

Please take a moment to guess at what your average daily usage of any kind of digital screen interface, including mobile, tablet, laptops, consoles, television, and so on. Please consider all activities ranging from gaming, school work, messaging, watching videos, etc. How much time on average would you estimate that you spend interacting with screens?

[write your response here]

**2. Initial Data Collection – January 8 \_ 13th**

Between January 8 and 13, you must choose **three** days to monitor your device usage from when you wake up and when you go to sleep.

Log your six longest periods of use of a digital device with a screen. For each, you must record:

* The **type of device** used (choose either “Phone,” “Computer,” or “Television”)
* The **type of activity** you did on the device (social media, video games, reading articles, video editing, etc.)
* The **approximate number of minutes** that you spent on the activity
* Rate the activity on a scale that ranges from 1 (consumption where you do not produce much, if any, of your own content) to 5 (a wholly original production with no use of other materials or resources). Consumption activities are activities where you view, read, or engage with materials that others have created but do not create any of your own. For instance, watching a video on Youtube or reading an article online are examples of consumption activities. Production activities are activities where you create content using digital devices such as editing a video or writing on a computer are examples of production activities. Many activities, like commenting on videos or articles, or building your own creations in *Minecraft*, fall somewhere in the middle. Do your best to give an approximated value between one and five for each of the six major sessions for the day.

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| **Sample Day** Date: 1/7/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | **Phone**/Computer/TV | Social Media | ­40m | 1 **2** 3 4 5 | | 2 | Phone/Computer/**TV** | Streaming Netflix | 1h | **1** 2 3 4 5 | | 3 | Phone/**Computer**/TV | Playing Minecraft | 30m | 1 2 **3**  4 5 | | 4 | Phone/**Computer**/TV | Science Project | 1h | 1 2 3 4 **5** | | 5 | **Phone**/Computer/TV | Photo Session | 20m | 1 **2** 3 4 5 | | 6 | Phone/Computer/**TV** | Watching Youtube | 1h 20m | **1** 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/**TV** | Watching Netflix/YouTube | 4h 50m | 1 **2** 3 4 5 | | **Day #1** Date: 1/8/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | Phone/Computer/TV | Instagram | ­30mins | 1 2 3 4 5 | | 2 | Phone/Computer/TV | French | 2hrs | 1 2 3 4 5 | | 3 | Phone/Computer/TV | In Depth | 1h | 1 2 3 4 5 | | 4 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 5 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 6 | Phone/Computer/TV |  |  | 1 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/TV | Homework | 3hrs 30m | ­ | |
| **Day #2** Date: 1/9/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | Phone/Computer/TV | In Depth | ­1h 40m | 1 2 3 4 5 | | 2 | Phone/Computer/TV | Movie | 1h 50m | 1 2 3 4 5 | | 3 | Phone/Computer/TV | Instagram | 30m | 1 2 3 4 5 | | 4 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 5 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 6 | Phone/Computer/TV |  |  | 1 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/TV | Movie | 3hrs | ­ | | **Day #3** Date: 1/10/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | Phone/Computer/TV | Instagram | ­1h 30m | 1 2 3 4 5 | | 2 | Phone/Computer/TV | Music | 30m | 1 2 3 4 5 | | 3 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 4 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 5 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 6 | Phone/Computer/TV |  |  | 1 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/TV | Instagram | 2hrs | ­ | |

**3. Initial Reflection Questions – January 14th**

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| **1. Usage**  **Did you use your device more or less than you thought you would and by how much?**  [write your response here]  **Were you surprised by the amount of total time you were interacting with screens and do you see your overall usage as problematic?**  [write your response here]  **2. Insight**  **Over the three days, which device type did you spend the most time using?**  [write your response here]  **If you had to summarize your device usage over these three days, would you say you spent more time producing content, or consuming content?**  [write your response here] | **3. Change**  **How can you reduce your overall time spent on that activity type OR increased your productivity?**  [write your response here]  **Approximately what percentage of the time were you using screens for generally productive purposes?**  [write your response here]  **What could you change that would help you increase that percentage?**  [write your response here] |

**4. Intentional Strategies and Digital Supports – January 14th**

Now that you have recorded a baseline of your device usage, you will try using an intentional strategy and a digital support to help make you an even more productive tech user!

**Intentional Strategies** are things that **you** do, by yourself to help you manage your tech usage. Intentional strategies are rules or behaviors you adopt to help you manage your device usage, but the device itself remains unchanged.

**Digital Supports** are external tools that you use to help you manage what your devices can or cannot do. Unlike Intentional Strategies, Digital Supports change the capabilities of your device to make managing the device easier.

For example: If I was trying to stop spending so much time on social media, I could use intentional strategies or digital support. An example of an intentional strategy is a rule I set for myself that I will not use social media after 9pm. Because this is a rule I’ve set for myself but my computers and phones are unchanged, it is an intentional strategy. However, I could also either delete my social media apps from my phone, or install an app that limits how many minutes I can use an app for each day. In these two examples, my phone has now been changed (either by deleting apps outright, or limiting their use with another app); therefore, these are digital supports.

Look at the list of Intentional Strategies and Digital Supports below. Commit now to using one (or more!) of each for the following week by highlighting, underlining, or bolding the applicable statement. Track your data over three days to identify what changed. This data collection must be completed prior to the special Digital Literacy session on January 22nd.

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| **Intentional Strategies** | **Digital Supports** |
| **Over the next week, I will… (Highlight the option(s) you select or delete the options you don’t use)** | **Over the next week, I will… (Highlight the option(s) you select or delete the options you don’t use)** |
| 1. Keep my phone out of arm’s reach from my bed when I go to sleep. | 1. Restrict notifications to direct, personal messages |
| 1. Stop using all digital devices an hour before I go to sleep. | 1. Set my screen to greyscale |
| 1. “Log off” from all social media at a chosen time each day. | 1. Set my home screen to productivity tools only ​ |
| 1. Leave my phone in my bag or locker during classes (unless requested by the teacher) | 1. Remove all endless (non-story based) games off my mobile device |
| 1. Make meal-times (breakfast, lunch, dinner) device-free periods. | 1. Use apps to enforce time limits for consumption apps (Gaming & Streaming) |
| 1. Charge all devices outside of my bedroom. | 1. Delete YouTube and Netflix |
| 1. Other: | 1. Other: |

**5. Secondary Data Collection – January 15 – 20th**

Now that you are using at least one intentional strategy and one digital support, it is time to monitor your device usage for another three day period.

Between January 15 and 20, you must choose **three** days to monitor your device usage from when you wake up and when you go to sleep.

Each time you use a digital device with a screen, you must record:

* The **type of device** used (choose either “Phone,” “Computer,” or “Television”)
* The **type of activity** you did on the device (social media, video games, reading articles, video editing etc.)
* The **approximate number of minutes** that you spent on the activity
* Rate the activity on a scale that ranges from 1 (consumption where you read, view, or listen, but do not produce much, if any, of your own content) to 5 (a wholly original production with no use of other materials or resources). Consumption activities are activities where you view, read, or engage with materials that others have created but do not create any of your own. For instance, watching a video on Youtube or reading an article online are examples of consumption activities. Production activities are activities where you create content using digital devices such as editing a video or writing on a computer are examples of production activities. Many activities, like commenting on videos or articles, or building your own creations in *Minecraft*, fall somewhere in the middle. Do your best to give an approximated value between one and five for each of the six major sessions for the day.

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| **Sample Day** Date: 1/14/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | **Phone**/Computer/TV | Social Media | ­20m | 1 **2** 3 4 5 | | 2 | Phone/Computer/**TV** | Streaming Netflix | 40m | **1** 2 3 4 5 | | 3 | Phone/**Computer**/TV | Playing Minecraft | 40m | 1 2 **3** 4 5 | | 4 | Phone/**Computer**/TV | English Project | 1h 20m | 1 2 3 4 **5** | | 5 | **Phone**/Computer/TV | Photo Session | 30m | 1 2 **3** 4 5 | | 6 | Phone/Computer/**TV** | Watching Youtube | 30m | **1** 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/**Computer**/TV | Gaming/School work | 4h 00m | 1 2 **3** 4 5 | | **Day #1** Date: 1/23/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | Phone/Computer/TV | PS4 | ­4hrs | 1 2 3 4 5 | | 2 | Phone/Computer/TV | Instagram | 2hrs | 1 2 3 4 5 | | 3 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 4 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 5 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 6 | Phone/Computer/TV |  |  | 1 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/TV | PS4 | 6hrs | ­ | |
| **Day #2** Date: 1/24/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | Phone/Computer/TV | In Depth | ­1h | 1 2 3 4 5 | | 2 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 3 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 4 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 5 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 6 | Phone/Computer/TV |  |  | 1 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/TV | Homework | 1h | ­ | | **Day #3** Date: 1/25/2020   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Session | Type | Activity | Minutes | Consumption-Production | | 1 | Phone/Computer/TV | Music | ­1h | 1 2 3 4 5 | | 2 | Phone/Computer/TV | Movie | 2h | 1 2 3 4 5 | | 3 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 4 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 5 | Phone/Computer/TV |  |  | 1 2 3 4 5 | | 6 | Phone/Computer/TV |  |  | 1 2 3 4 5 | |  |  |  |  |  | |  | Primary Type? | Primary Activity? | Total Time? | Approx. Average? | |  | Phone/Computer/TV | Movie | 2h | ­ | |

**Final Reflection Questions – January 21st**

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| **1. Change**  **How much less did you use screens on average, compared to the week before?**  [write your response here]  **What was the impact of this change? What did you notice change?**  [write your response here]  **2. Insight**  **With these Intentional Strategies and Digital Supports in place, which activity did you spend the most time doing?**  [write your response here]  **Is it a type that tends to be geared more towards consumption?**  [write your response here] | **3. Findings**  **Approximately what percentage of the time were you using screens for generally productive purposes?**  [write your response here]    **Will you continue to use this Digital Support or Intentional Strategy?**  [write your response here]  **Would you recommend either of these to a peer and why?**  [write your response here] |

**It is very important that you keep this completed document somewhere where you can access it again. We will be using this data during our January 22nd session.**

*Remember, the goal of this activity is not necessarily to use your digital devices* ***less****. Smartphones, computers, and televisions are tools that have nearly endless potential to aid us in our creative or intellectual pursuits. However, these devices also contain a similar potential for distraction from the things we truly care about. Therefore, the goal of this activity is to make you more aware of how, and how frequently, you use your digital devices, and to make you mindful of how* ***productive*** *you are with them.*

**Be content *producers,* not just content *consumers.***