# Grade 10 Sample Lesson Plan:
# Unit 7 – Be Smart with Smartphones (& Screens)

## SOLs

10.2. L Evaluate the value of exercising self-control
10.3. L Plan health-promoting strategies for managing personal technology use

## Objectives/Goals

- The student will analyze the influence of technology on health, recognize ways tech designers hook users, and strategize to find balance.
- The student will practice and reflect on limiting screen time and smartphone use.

## Materials

- Screentime, Smartphones and You Slideshow
- Digital Detox worksheet

## Procedure

- Instant Activity - As students walk into class get them to think about and reflect on the following statement. *Turn to someone sitting next to you and share both the positive and negative aspects of technology in your personal lives.*
- Or...Ask students if they would rather have a broken phone or a broken bone? This can be a fun discussion starter
- Technology is good...to a point. Let students know that today we are going to examine how screens and smartphones impact our lives for better or for worse. In the end,

- technology in moderation is okay and working on self-control with our relationship with technology is important when it comes to our health.

- Hook - Show the Video "How Many People Can't Walk Without Their Smartphone" https://youtu.be/pxlIE7fc-Vs
    - Ask students: *What part of this video resonated with you? Did anything shock you? Do you think human beings have a "Screentime or Smartphone Addiction Problem?"*

- Next, play this Kahoot - "Are you addicted to your phone?" to get an idea of your students' experiences with personal technology. Here are the 7 questions:
    - How much time do you spend using an electronic device each day?
    - What form of social media do you use the most often?
    - Do you check your phone in class or while studying and doing your homework?
    - Do you spend more time interacting with your friends in person or on social media?
    - How difficult would it be for you to spend a weekend without using your phone or social media?
    - Do you regularly spend screen-free quality time with your family?
    - Are you addicted to your phone?
- Next, show students this PBS Newshour Story about Teens and Technology (https://youtu.be/WCT5JcCXMPw). (8 mins) The clip shares a story about the documentary 'Screenagers' which explores the complex lives teenagers have with their phones as well as their friends. After the clip, ask your students *what part of the clip resonated with them? Were there parts they agreed with? Disagreed with?*
- Next, show students this clip from PBS about "Teens being tethered to their phones" (https://youtu.be/mDjII0aOCAY )(3 mins). One student said that she "could not imagine a world without technology." Do you agree or disagree? Why? Discuss as a class.
- Depending on the length of your class period, now would be a good time for students to get out of their seat and do a quick Sit/Stand Kinesthetic activity to the following statements. Stand if…
    - Reflexively grab your phone at the first hint of boredom throughout the day.
    - Think you check your phone more than once every hour.
    - Spend more time on your phone in class than talking to peers.
    - Use extra time given in class to actually get work done instead of being on device for socializing or games.
    - Use my phone in more than 50% of my classes on a regular basis for non-school use.
- Tell students it is important to understand the HOW and WHY screens/phones impact our brains (especially as teenagers). This is extremely important to being able to better

        - regulate and exhibit self-control and ultimately impact our health in a "more healthy" way.
    - Using the slideshow, show a series of 5 short clips from the documentary *Screenagers*
        - Clip 1 - The Brain & Screens 1. The brain is wired to have seeking behaviors. A pleasure producing chemical called dopamine is released when we experience new things. Hormones intensify the experience of pleasure. There is more dopamine activity in the adolescent brain's reward center than at any other point of development. Questions to consider for discussion or reflection: According to the video clip, our brains are wired to have "seeking behaviors". What chemical is released during these new experiences? How does dopamine make us feel? As it relates to dopamine, why might teens be more susceptible to phone addictions than adults?
- Clip 2 - The Brain & Screens 2. The pre-frontal cortex is responsible for self-control. The pre-frontal cortex does not fully develop until about age 25 in most people. Self- control is a better predictor of success in school than intelligence. Teens who have strong self-control do better in school, have better relationships, and are happier in general. Questions for discussion or reflection: Why is it difficult for so many teens to exhibit strong self-control? What part of the brain is responsible for self-control?
- Clip 3 - Relationships & Screens - Many teens use their screen to hide and avoid anxiety. When they are together and their phones are out, they talk about what is on their phones. When you are distracted by your device you can't have the conversations that would lead to the development of empathy and a sense of self. According to Simon Sinek, when forming relationships, making eye-contact really really matters. "Digital is good for the maintenance, but not the building." Questions for discussion or reflection: Why do you think face-to-face conversations are important? Simon Sinek talked about how making eye contact is really important when forming relationships. What do you think he meant when he said, "Digital is good for the maintenance, but not the building."
- Clip 4 - Technology's impact on health - Here you can ask students what they think about technology's impact on our health. The pros, cons, etc. Sherry Turkle said, "*Our devices don't just change what we do, they change who we are."* What does she mean by this statement? Do you think we are letting technology take us places that we do not necessarily want to go? (i.e. - impacts us in a less healthy way)
- Clip 5 - Technology and Relationships - Questions to consider: Would you rather text than talk in person? Why or why not? There is a growing concern that people are spending less time communicating face-to-face to others and that many people have a feeling that *"no one is listening."* Do you think technology can actually make us more isolated than connected? How so?
    - If time, or if you want to extend the conversation even deeper, here are some more questions and/or ideas to explore:

    - Do we need to practice talking to others in "real time" and in person? Are we packing our minds too full and increasing our stress?
    - Are we hurting our personal relationships more than helping them?
    - What are we missing out on when we are texting, tweeting, snapchatting those moments away?
    - Are we less creative because we don't allow ourselves to be bored?
    - What germs are on my phone? (share slide 28)
  - Digital Detox Activity - In an effort to have a healthy and balanced relationship with technology, tell them that their task is to complete as many of the *Digital Detox Challenges* in the assignment. Initial each square once you complete the challenge. Give students maybe a week to complete the challenge and then have them reflect on their experience.

  - Possible Extension Activities
    - Students should create their own brief but spectacular video interviewing their peers about technology use. Do their peers' views differ from those in the video linked above?
- Have students download the **Moment** app, which tracks cell phone usage, and use their phone normally for several days. Are students surprised by the amount of time that they actually spend on their phones? Why? Will this information change their future behavior? Discuss as a class.
- Read the following New York Times article: **'Addicted to Distraction.'** How has technology affected users' concentration and productivity? Is a "technology detox" feasible in today's society? Would you be willing to try one? Discuss as a class.
- Have the class read the article from Choices Magazine - *Are You Addicted to Your Phone?*
- Internet Addiction Test (from *Irresistible* book)
  - Select the response that best represents the frequency of each behavior listed using the scale below:
- 0 = Not applicable
- 1 = rarely
- 2 = Occasionally
- 3 = Frequently
- 4 = Often
- 5 = Always Questions:
  - -How often do you find that you stay online longer than you intended? _____
  - -How often do others in your life complain to you about the amount of time you spend online? _____

- -How often do you check your email or social media before something else that you need to do? _____
- -How often do you lose sleep because of late night log-ins? _____
- -How often do you find yourself saying "just a few minutes" when online? _____

- Results:
- -If you scored 7 or below, you show no signs of Internet addiction.
- -A score of 8-12 suggests mild Internet addiction -- you may spend too long on the web sometimes but you're generally in control of your usage.
- -A score of 13-20 indicates moderate Internet addiction, which implies that your relationship with the Internet is causing you "occasional or frequent problems."
- -A score between 21 and 25 suggests severe Internet addiction and implies that the Internet is causing "significant problems in your life."

## References


- Parts of the lesson adapted from PBS NewsHour Extra
- PBS News Hour - Your Phone is Trying to Control Your Life
- *Screenagers* Documentary, 2016
- Center for Humane Technology - http://humanetech.com/
- 60 Minutes - Brain Hacking - https://www.youtube.com/watch?v=awAMTQZmvPE
- *Irresistible* - Adam Alter - The Rise of Addictive Technology and the Business of Keeping Us Hooked (2018)
- PBS NewsHour Article - *Teens are Addicted to Their Cellphones and They Need Our Help*
- The Atlantic - *Have Smartphones Destroyed a Generation?* (2017)
- Choices Magazine, Feb 2018 - *Are You Addicted to Your Phone?*
- Andy Horne, 2015 National Health Teacher of the Year


## Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Name _____

# Digital Detox Challenge

Directions - In an effort to have a healthy and balanced relationship with technology, your task is to complete as many of the *Digital Detox Challenges* below. Initial each square once you complete the challenge. Good luck!

| | | | |
|---|---|---|---|
| Remain tech free for one hour | Have a face-to-face conversation without your phone in sight | When eating lunch with friends, keep your phone off/out of sight | Turn off all tech at least one hour before bedtime |
| Put your phone in airplane mode for two hours | Turn off all notifications for one full day | Download the Moment app and limit your total screen time to less than two hours today | Go Cold Turkey - Delete all social media apps from your phone |
| Play video games for one hour or less today | Go an entire day without using your social media | Delete at least one social media app from your phone | Remain tech free for an entire day! |
| Watch one hour or less of TV or videos today | Leave your phone in another room while you are doing your homework | Keep your homescreen to tools only (ex: maps, calendar, calculator) | When having a meal with family or friends, have everyone put their phone away |
| Send less than 10 messages in a day | Charge your phone in another place besides your bedroom | Engage in small talk with someone in public or before class, rather than check your phone | Logout of your social media apps |

# Digital Detox Reflection

1. What surprised you the most during this Digital Detox Challenge? Explain.

2. What were some of the easy things for you to complete? What was easy about it or why was it easy?

3. What were some of the hardest things for you to complete during this challenge? What was hard about it or why was it hard?

4. How many of these behavioral challenges could you adopt moving forward? List them here.

5. *Before* this lesson, I knew the following about my relationship with technology…

6. *During* this lesson, I learned the following…

7. *As a result* of this lesson, how will you interact with technology (particularly your phone and screens) going forward? Will anything change for you?

Addicted to Technology - **By Tony Schwartz** - Nov. 28, 2015 – NY Times Opinion

ONE evening early this summer, I opened a book and found myself reading the same paragraph over and over, a half dozen times before concluding that it was hopeless to continue. I simply couldn't marshal the necessary focus.

I was horrified. All my life, reading books has been a deep and consistent source of pleasure, learning and solace. Now the books I regularly purchased were piling up ever higher on my bedside table, staring at me in silent rebuke.

Instead of reading them, I was spending too many hours online, checking the traffic numbers for my company's website, shopping for more colorful socks on Gilt and Rue La La, even though I had more than I needed, and even guiltily clicking through pictures with irresistible headlines such as "Awkward Child Stars Who Grew Up to Be Attractive."

During the workday, I checked my email more times than I cared to acknowledge, and spent far too much time hungrily searching for tidbits of new information about the presidential campaign, with the election then still more than a year away. "The net is designed to be an interruption system, a machine geared to dividing attention," Nicholas Carr explains in his book "The Shallows: What the Internet Is Doing to Our Brains." "We willingly accept the loss of concentration and focus, the division of our attention and the fragmentation of our thoughts, in return for the wealth of compelling or at least diverting information we receive."

Addiction is the relentless pull to a substance or an activity that becomes so compulsive it ultimately interferes with everyday life. By that definition, nearly everyone I know is addicted in some measure to the Internet. It has arguably replaced work itself as our most socially sanctioned addiction.

According to one recent survey, the average white-collar worker spends about six hours a day on email. That doesn't count time online spent shopping, searching or keeping up with social media.

The brain's craving for novelty, constant stimulation and immediate gratification creates something called a "compulsion loop." Like lab rats and drug addicts, we need more and more to get the same effect.

Endless access to new information also easily overloads our working memory. When we reach cognitive overload, our ability to transfer learning to long-term memory significantly deteriorates. It's as if our brain has become a full cup of water and anything more poured into it starts to spill out.

I've known all of this for a long time. I started writing about it 20 years ago. I teach it to clients every day. I just never really believed it could become so true of me.
Denial is any addict's first defense. No obstacle to recovery is greater than the infinite capacity to rationalize our compulsive behaviors. After years of feeling I was managing

myself reasonably well, I fell last winter into an intense period of travel while also trying to manage a growing consulting business. In early summer, it suddenly dawned on me that I wasn't managing myself well at all, and I didn't feel good about it.

Beyond spending too much time on the Internet and a diminishing attention span, I wasn't eating the right foods. I drank way too much diet soda. I was having a second cocktail at night too frequently. I was no longer exercising every day, as I had nearly all my life.

In response, I created an irrationally ambitious plan. For the next 30 days, I would attempt to right these behaviors, and several others, all at once. It was a fit of grandiosity. I recommend precisely the opposite approach every day to clients. But I rationalized that no one is more committed to self-improvement than I am. These behaviors are all related. I can do it.

The problem is that we humans have a very limited reservoir of will and discipline. We're far more likely to succeed by trying to change one behavior at a time, ideally at the same time each day, so that it becomes a habit, requiring less and less energy to sustain.

I did have some success over those 30 days. Despite great temptation, I stopped drinking diet soda and alcohol altogether. (Three months later I'm still off diet soda.) I also gave up sugar and carbohydrates like chips and pasta. I went back to exercising regularly.

I failed completely in just one behavior: cutting back my time on the Internet.
My initial commitment was to limit my online life to checking email just three times a day: When I woke up, at lunchtime and before I went home at the end of the day. On the first day, I succeeded until midmorning, and then completely broke down. I was like a sugar addict trying to resist a cupcake while working in a bakery.

What broke my resolve that first morning was the feeling that I absolutely had to send someone an email about an urgent issue. If I just wrote it and pushed "Send," I told myself, then I wasn't really going online.

What I failed to take into account was that new emails would download into my inbox while I wrote my own. None of them required an immediate reply, and yet I found it impossible to resist peeking at the first new message that carried an enticing subject line. And the second. And the third.

In a matter of moments, I was back in a self-reinforcing cycle. By the next day, I had given up trying to cut back my digital life. I turned instead to the simpler task of resisting diet soda, alcohol and sugar.
Even so, I was determined to revisit my Internet challenge. Several weeks after my 30-day experiment ended, I left town for a monthlong vacation. Here was an opportunity to

focus my limited willpower on a single goal: liberating myself from the Internet in an attempt to regain control of my attention.

I had already taken the first step in my recovery: admitting my powerlessness to disconnect. Now it was time to detox. I interpreted the traditional second step — belief that a higher power could help restore my sanity — in a more secular way. The higher power became my 30-year-old daughter, who disconnected my phone and laptop from both my email and the Web. Unburdened by much technological knowledge, I had no idea how to reconnect either one.

I did leave myself reachable by text. In retrospect, I was holding on to a digital life raft. Only a handful of people in my life communicate with me by text. Because I was on vacation, they were largely members of my family, and the texts were mostly about where to meet up at various points during the day.

During those first few days, I did suffer withdrawal pangs, most of all the hunger to call up Google and search for an answer to some question that arose. But with each passing day offline, I felt more relaxed, less anxious, more able to focus and less hungry for the next shot of instant but short-lived stimulation. What happened to my brain is exactly what I hoped would happen: It began to quiet down.

I had brought more than a dozen books of varying difficulty and length on my vacation. I started with short nonfiction, and then moved to longer nonfiction as I began to feel calmer and my focus got stronger. I eventually worked my way up to “The Emperor of All Maladies,” Siddhartha Mukherjee’s brilliant but sometimes complex biography of cancer, which had sat on my bookshelf for nearly five years.

As the weeks passed, I was able to let go of my need for more facts as a source of gratification. I shifted instead to novels, ending my vacation by binge-reading Jonathan Franzen’s 500-some-page novel, “Purity,” sometimes for hours at a time.

I am back at work now, and of course I am back online. The Internet isn’t going away, and it will continue to consume a lot of my attention. My aim now is to find the best possible balance between time online and time off.

I do feel more in control. I’m less reactive and more intentional about where I put my attention. When I’m online, I try to resist surfing myself into a stupor. As often as possible, I try to ask myself, “Is this really what I want to be doing?” If the answer is no, the next question is, “What could I be doing that would feel more productive, or satisfying, or relaxing?”

I also make it my business now to take on more fully absorbing activities as part of my days. Above all, I’ve kept up reading books, not just because I love them, but also as a continuing attention-building practice.

I've retained my longtime ritual of deciding the night before on the most important thing I can accomplish the next morning. That's my first work activity most days, for 60 to 90 minutes without interruption. Afterward, I take a 10- to 15-minute break to quiet my mind and renew my energy.

If I have other work during the day that requires sustained focus, I go completely offline for designated periods, repeating my morning ritual. In the evening, when I go up to my bedroom, I nearly always leave my digital devices downstairs.

Finally, I feel committed now to taking at least one digital-free vacation a year. I have the rare freedom to take several weeks off at a time, but I have learned that even one week offline can be deeply restorative.

Occasionally, I find myself returning to a haunting image from the last day of my vacation. I was sitting in a restaurant with my family when a man in his early 40s came in and sat down with his daughter, perhaps 4 or 5 years old and adorable.
Almost immediately, the man turned his attention to his phone. Meanwhile, his daughter was a whirlwind of energy and restlessness, standing up on her seat, walking around the table, waving and making faces to get her father's attention.
Except for brief moments, she didn't succeed and after a while, she glumly gave up. The silence felt deafening.

Tony Schwartz is the chief executive of The Energy Project, a consulting firm, and the author, most recently, of "The Way We're Working Isn't Working."
A version of this article appears in print on Nov. 29, 2015, on Page SR1 of the New York edition with the headline: Addicted to Distraction. \

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## Vocabulary

There are 43 tricky vocabulary words throughout this issue in **bold**. Can you find them all? Go to Choices Online for activities to help you master these words.

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DEBATE

# Should Schools Ditch Detention?

**Some schools are getting rid of the classic punishment. Will doing so cut down on bad behavior?**

JOHNER IMAGES/GETTY IMAGES (CLASSROOM); DEBATE PHOTOS COURTESY OF FAMILIES

## YES

**"On school nights, teens' time needs to be their own."**

*Xavier Shankle, a high school sophomore in Georgia*

Bing, bing! At the end of the day, the dismissal bell signals to students that it's time to go relax your mind, catch up on work, and prepare for the next →

## NO

**"Schools have to take something valuable to us away—our time."**

*Ebun Kalejaiye, a high school junior in California*

When you think of detention, you picture rows of chairs with students sitting around doing absolutely nothing. But in reality, they aren't doing →

## YES
**(continued)**

day. But some students are forced to give up an hour they need for these essential tasks. Instead of heading home to recharge their minds, they walk into detention to sit down, be silent, and do nothing. On school nights, teens' time needs to be their own. High schoolers' stress levels are sky-high, and relaxing, hanging out with friends, exercising at sports practice, finishing homework, and catching up with parents are all important elements of success. Kids who are considered troublemakers need these things just as much as the rest of us—maybe even more. So why waste their time with an hour of **confinement** at school?

**Students who were disciplined had, on average, 8 detentions, suspensions, or expulsions during middle or high school.* Is punishment actually helping them change their behavior?**

A student who misbehaves likely already struggles with spending eight hours of the day being told what to do and how to do it. Adding another hour on top of that just shames them and could make them feel more outraged and ready to disobey. It's no coincidence that the same kids keep getting sent to detention: They're angry about being punished so they lash out more, leading to an endless cycle of **disciplinary infractions**.

And that cycle can even form the beginning of a **pipeline** that sometimes leads to more serious consequences, like at-home or in-school suspension. These punishments remove students from the social environment of school, causing them to harbor more anger. Contributing to this downward spiral is removal from the classroom setting, where without a teacher, students' education will be sacrificed.

That's why schools have an **obligation** to help students break the cycle and address their problems with the school. For example, a disciplined student could talk about the problem with a teacher, guidance counselor, or committee of students, and together, they could brainstorm solutions. This will show the student she's a valued community member, and it'll help address the problem where it should be addressed: at its root.

*SOURCE: Council of State Governments Justice Center/The Public Policy Research Institute

## NO
**(continued)**

nothing—they're thinking. And in most cases, they're thinking about what they did to get into this situation and how they will never do it again. Why? Because being forced to sit in detention really is, well, awful. For teens, time and freedom are two of our most critical and beloved resources. Detention takes away both. Time doesn't simply stop when you get in trouble—so while you're locked away in a classroom, you're missing out on life. Now, when you get home, you'll only have enough time to finish your homework, eat dinner, and go to bed. Meanwhile, your friends are out having fun. The result is major FOMO: Who wants to miss out on an epic adventure with friends—or just a normal night of hanging out—because he's stuck in a room, thinking over a bad decision? Now, the next time he's choosing between right and wrong, he'll think twice before picking the option that will send him right back to detention.

**In one study of incoming college freshmen, 41% reported feeling "overwhelmed by all I had to do" during senior year of high school.* Can the threat of missing out on an hour keep students in line?**

Detention can also force kids to miss out on after-school activities. What if you have sports practice to get to? Many coaches would be disappointed or even furious if you missed practice because you'd made an immature choice and got sent to detention. That makes detention a solid **deterrent**: Facing the **wrath** of an angry coach is just not worth it.

In this generation, boredom is one of the worst things that we can experience—which makes it the perfect punishment. Being forced to just sit with your thoughts isn't fun, but that's why it discourages inappropriate behavior. More "productive" detention alternatives just show teens that there will be no serious consequences for bad behavior. Schools have to take something valuable to us away—our time. Students won't take other alternatives, such as meditation or breathing exercises, seriously. If schools use that time for students to be doing other things, is detention really a punishment—or just another form of study hall?

*SOURCE: Council of State Governments Justice Center/The Public Policy Research Institute

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## DETENTION GETS THE SLIP

**While traditional detention—sitting in a boring classroom after school—shows up in practically every pop-culture depiction of school, some forward-thinking institutions are testing out clever substitutions. Here's how five school districts have swapped out detention:**

1

▲ At a Florida high school, students use writing to reflect on what prompted their misbehavior, how it affected others, and how they could've avoided it. The idea? For them to learn from their mistakes.

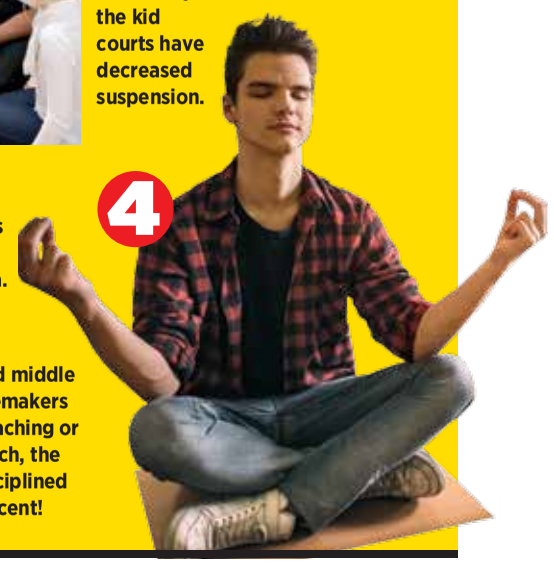
▼ Teachers serve as disciplined students' "personal academic trainers" at one Montana high school. They get students together for study sessions or mentor each teen separately on the subjects they're struggling with.

2

3

◀ When you misbehave at one New York City school with grades 6 through 12, you don't go to detention. Instead, you appear before a "justice panel" of four peers, who listen to your account and decide on a punishment. The school says the kid courts have decreased suspension.

4



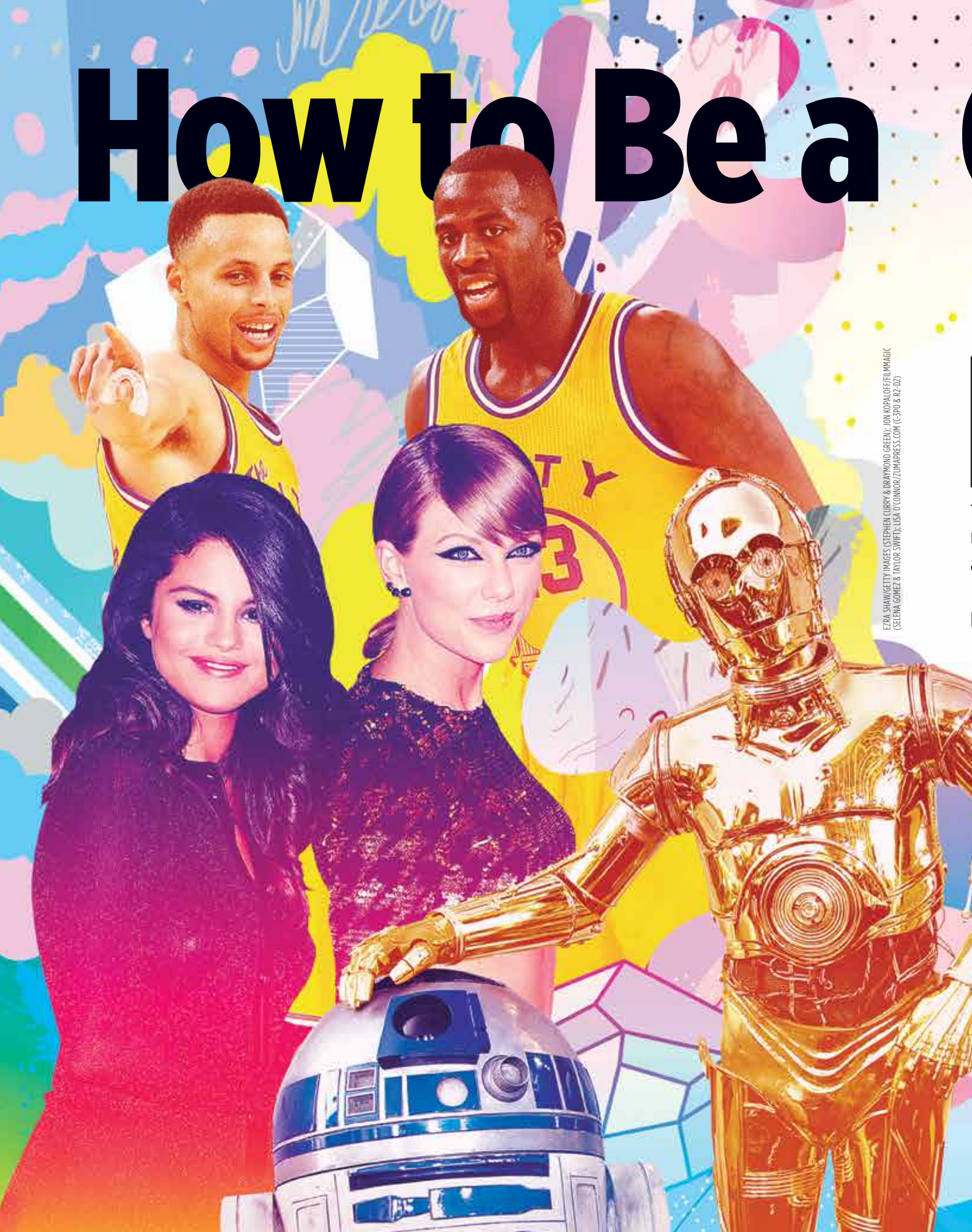
▶ A Baltimore high school created a Mindful Moment Room: Disruptive teens can go there to breathe deeply, talk through emotions, or stretch or do yoga. Students can use the room at any time.

5

◀ When a Maryland middle school sent troublemakers to a teacher for coaching or tutoring during lunch, the number of kids disciplined dropped by 98 percent!

**WHICH SIDE ARE YOU ON?** Go to SCHOLASTIC.COM/CHOICES to vote yes or no—and get real-time results to see how your opinion stacks up!

# How to Be a Good Friend



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**Did you know having just one close friend makes you healthier? How to keep your BFFs by your side.**

*By* ANDREA BARTZ • *Illustration by* SEAN MCCABE

Ever heard the old song that goes, "I get by with a little help from my friends"? It isn't just a catchy tune: We need **companionship** to get by *and* thrive. "Social connection is a basic human need," says Sheri Van Dijk, a therapist and author of *Relationship Skills 101 for Teens*. "We need friends to feel happy and healthy." Now, scientists are realizing that having close friendships during the teen years is even more important than they thought. A new study shows that teens who had one close friendship—rather than a big group of buds they don't know as well—had a greater sense of self-worth at 25, meaning that bestie-ship has long-lasting benefits. How can you be the awesome friend your amazing friends deserve? Check it out.

## What's Your Friend IQ?

**HOW WOULD YOU HANDLE THESE TRICKY FRIEND SNAFUS? CHOOSE AN ANSWER, THEN LEARN WHICH COURSE OF ACTION MAKES YOU A PRO BRO.**

**1** **A close bud of yours is clearly ticked off at you, and you have no idea why. You . . .**

**A) ask a mutual friend what's up.**
**B) pretend everything's normal and see if her bad mood goes away.**
**C) find time alone with her and say, "I've noticed you haven't been talking to me or Snapchatting me much lately—everything OK?"**

Best answer: C.
It's tempting to bring in a third person, but now you're just gossiping. And while giving her a little space will sometimes help (hey, for all you know, she's upset about something going on at home—not you!), if you know something's up and it's really weighing on you, pretending not to see it will just stress you out. "When the tension is moderate to severe, or it persists for more than a few days, it's best to collect your courage and speak to the friend directly," says psychologist Lucie Hemmen. "No matter what's happened, caring is the universal language of reconnection." Take a deep breath, let her know you're there for her, and—this is key—listen while she explains what's going on.

## 2 You've made friends with a new kid at school and even discovered you both love making music. But your longtime friends don't like him. You . . .

**A) keep inviting him to group gatherings until they can see how great he is.**
**B) hang out with him when your other friends aren't around.**
**C) stop talking to him—it's really not worth it.**

Best answer: B. "This is such a tough one, because we all want to fit in with our friends and be liked and accepted," Van Dijk says. It stinks when you're making the nice move like befriending the new kid, and your friends aren't on board. But here's the thing: Your friends probably like that you're friendly, confident, and kind. So show off those qualities by shrugging and saying, "He's cool, and doesn't know that many people yet." If they can't deal with it, ask yourself if those are friends you want to have.

## 3 You were invited to the class president Jake's birthday bash . . . and your friends weren't. They ask what you're up to that Friday. (Awk!) You . . .

**A) make up a family obligation.**
**B) say, "I'm actually going to Jake's party that night."**
**C) tell them, "I'm not sure yet" and then change the subject.**

Best answer: B. "Little white lies can get us into trouble," Van Dijk warns. If a picture of you at the party ends up on Instagram, your friends will not be pleased. So tell the truth, but also make it clear you value their friendship. "You might say, 'What are you up to Saturday? We should watch the game,'" Van Dijk suggests. "**Validation** goes a long way."

YELLOW DOG PRODUCTIONS/GETTY IMAGES (BAND); VISUALS STOCK/ALAMY STOCK PHOTO (PARTY)

## The 3 Cardinal Rules of Being A GOOD FRIEND ONLINE

**Online and on your devices, you're in near-constant contact with your IRL friends. A few simple commandments for treating everyone kindly online:**

**REMEMBER: IT'S OK TO DISAGREE.**
If somebody posts about something they feel strongly about (that could be anything from politics to a movie) and you completely disagree, that's OK. You don't need to set them straight or tell them they're wrong. "You can disagree with their take but still accept that it's their experience," Van Dijk says.

**KEEP A FRIEND ON YOUR RADAR.**
"If your friend is worried about the SAT he's taking on Saturday, send him a text wishing him luck," Hemmen suggests. "If a friend just broke up with her boyfriend and is dreading weekends, let her know you know it's a hard time and offer to make plans to do something fun." Tuning in to how a bud is feeling and when they need you offline too lets them know they're important to you and you care.

PETER DAZELEY/GETTY IMAGES (GIRL ON PHONE); PHOTOALTO/ALAMY STOCK PHOTO

**DON'T SAY ANYTHING YOU DON'T WANT SCREENSHOTTED.**
A snotty comment about a classmate. A string of emojis indicating how dumb a friend's new girlfriend is. A subtweet that clearly targets one kid on your track team. You know this stuff is mean, so don't say what you wouldn't in person!

## WAYS TO BE A FRIEND WITHOUT SAYING A WORD

**Yes, you can shut up and show you care at the same time!**

**HUG IT OUT!** It triggers the release of oxytocin, a brain chemical that makes you both feel good.

**SHOW UP** at your friend's game or school play. Your presence proves you support him.

**SEND A FUNNY GIF.** If you know a friend's having a bad day, text her puppy GIFs to make her smile.

**REMEMBER HIS HOBBIES** and faves. Your friend loves sea turtles, and on your family vacation, you found a shop that only sells turtle stuff? Pick up a souvenir!

**MAKE EYE CONTACT** as you're walking down the hall. A simple kind look makes people feel seen.

**LISTEN.** Put your phone down and really lend an ear. You'll be amazed at how validating this is for your friend.

## Friend First Aid! Yeee-ouch! Your friend just really burned you. How to try to heal the hurt

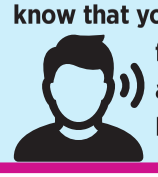
**BUY SOME TIME.**
You could say, "Whoa, I need a minute" or even "I don't want to freak out at you, so let's talk tomorrow." When you feel like you've been blindsided, you can't say the friendship-salvaging things you want to say, so buy yourself cool-down time.

**OBSERVE.**
Hit pause and silently analyze the feelings and sensations in your body. Maybe your heart's racing, your shoulders are tense, or you feel anger and shame. "Noticing and describing what's happening slows things down, so you can choose how to respond instead of just lashing out," Van Dijk says.

**CRAFT A RESPONSE.**
It should have two parts: a statement of how you feel and a request for what you'd like to happen next. (No yelling!) Maybe: "I was hurt when you said that about my brother. In the future, could you not talk about him that way?"

**SPEAK UP.**
If you've given yourself a whole day to reflect, jot that response down and say it aloud a few times. "This will help it roll off the tongue," Van Dijk says. If you're having this talk in real time, rehearse your reply in your mind a couple of times first. Then say your piece!

**MOVE ON.**
You've just shown your friend how you feel. Now listen. By opening yourself to real talk, you're strengthening your friendship. "Letting a friend know that you care about the friendship goes a long way," Hemmen says.



DEAN BELCHER/GETTY IMAGES

# Are You Addicted to Your Phone?

…not to mention video games? (Psst: They're designed to do just that!)

*By* JULIE SCHARPER

**You want to stop playing a game, but need to get to a save point first. You know you check your notifications a lot, but it's hard to quit. People say you should just put your devices down. But guess what? App and game designers *want* to get you hooked. Here's how they do it—and how to keep your tech from taking over.**

**At first,** Caleb's video game habit was no big deal. He'd play for an hour or two, always after soccer practice.

But then Caleb's life got more complicated. His parents split up, and when things got tense, Caleb escaped further into video games. When his mom remarried, Caleb moved halfway across the country. He may have been the new kid in school, but in his gaming world, he was an ace shot, blowing up rivals, looting their stuff, and playing better and longer than anyone else. Soon, he was spending all of his free time on his Xbox, rushing home from school to start a new game. "It got out of hand so fast," says Caleb, now 16. "I'd play for hours and hours straight, day and night. My mom would tell me to go to bed, but I'd sneak up at night and do it some more."

Do you ever plan to go for a run but end up playing video games instead? Or sit down with a computer to write a paper but get lost in YouTube? Have you ever missed the best part of a movie on Netflix because you got sidetracked sending snaps? According to a 2016 survey, more than 50 percent of teens say they feel that they're addicted to their mobile devices. That's not a **coincidence**: App makers and game developers want to get you hooked. "These apps and games seem like they're just here to help you connect with your friends or show you funny memes and cute kittens," says Ramsay Brown, co-founder of Dopamine Labs, a tech start-up that creates apps. "But what's going on is way creepier: They're selling your attention span."

He should know. Like other app developers, Brown's job is to figure out how to get—and hold—your attention so that you keep coming back. That's because the more time you spend on an app, the more money advertisers will pay the app's makers. What those app and video game creators are selling, Brown says, is your attention, your interest, and the time you spend looking at their app.

So how do app developers and game designers keep us coming back? The answer lies in some of the most **primitive** parts of our brain. When you feel pleasure—when you score a winning goal, ace a test, or catch the eye of your crush—certain brain cells **ignite**, triggering the release of a chemical messenger called **dopamine**. There's a classic experiment where a rat is given a lever to push. If nothing happens when the rat pushes the lever, it quickly loses interest. If a treat appears each time the rat pushes the lever, the rat eats a bunch of treats, then moves on to other activities. But if the treat sometimes appears and sometimes doesn't, the rat pushes the lever obsessively.

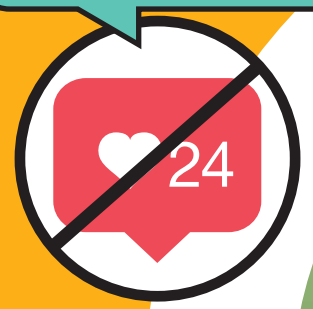
PHOENIXNS/SHUTTERSTOCK.COM (VIDEO GAMES)

AJSISSUES/ALAMY STOCK PHOTO (IN BED)

## GET IT UNDER CONTROL

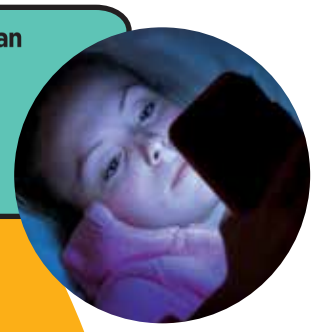
**Social media eating up your free time? Video games playing you? Here's how to rejoin the living.**

**Turn off notifications from apps. Look at Snapchat or Instagram when you feel like it—not every time there's an update.**

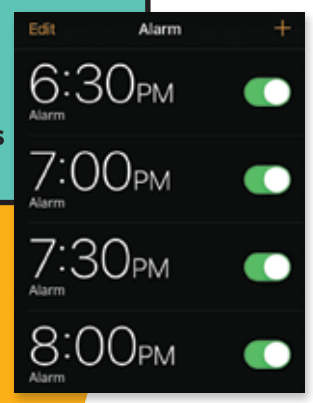



**Set times to play video games, like one hour every evening. When you're done, stop and do something else.**

**Put screens down an hour before bed. To your brain, the light can mimic daylight—keeping you awake.**



**Plan social media breaks while reading or studying. Set alarms for every 30–45 minutes, then spend five minutes on your phone.**




With a phone, the same principle is at play, Brown says. Often, the notifications you get from your favorite apps really aren't that exciting when you think about it—but you've been conditioned to seek that little rush that comes with finding out if anyone's liked your latest photo or post, so you keep checking and checking. And sometimes those notifications are incredibly rewarding, like when you discover your last Instagram post got dozens of likes. When that happens, your brain floods with dopamine—a high you're of course going to want to recreate again and again.

### ON A STREAK

App makers and game developers are constantly **tinkering** with ways to get you to spend the most time with their product, Brown says. It's a kind of brain **hacking**: They'll experiment with how often you get a notification about a new comment or like to see what exactly will lead you to spend more time on the app. For example, some techniques are more **overt**, such as Snapchat's "streaks." If you're not familiar: Snapstreaks keep you and friends in a cycle of sending snaps to each other at least once every 24 hours, or you risk "losing" your snapstreaks. (The anxiety starts as soon as you see that hourglass emoji next to a friend's name, signaling a streak's about to run out if you don't send a snap—i.e., **engage** with the app, just as its creators want you to—soon.) Friends are ranked according to how long you've kept a streak going. If you've ever felt stress over the thought of losing your streaks, you know what it's like to be hooked.

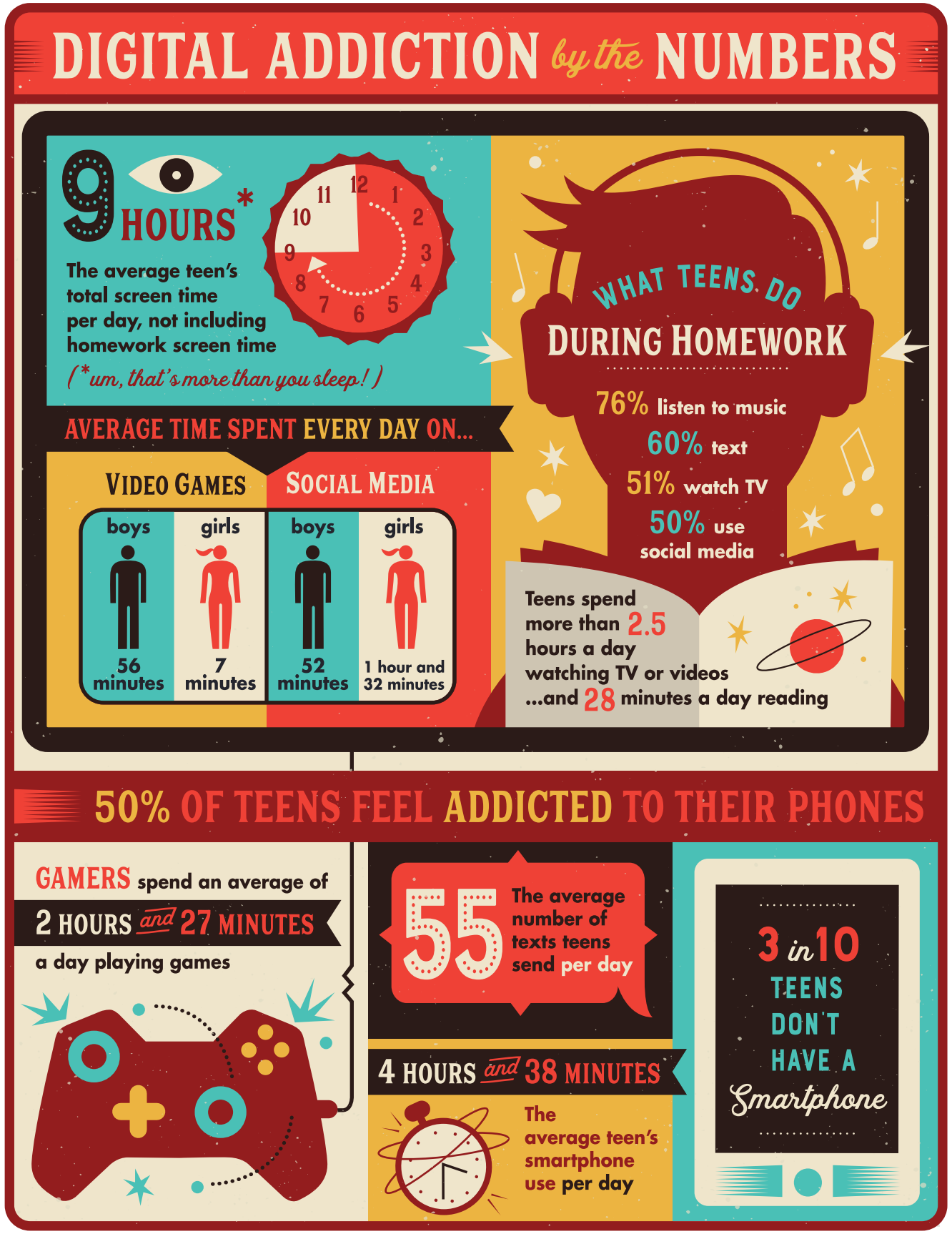
Since this technology is still new, we know little about how it affects the still-developing brains of teens. "We have an entire generation of guinea pigs in an experiment," says psychologist Edward Spector, who helps teens who obsessively use technology.

Spector says the real benefit of an activity—nearly any activity—comes in the first hour. So if you're spending more than an hour a day on your phone, think about other things you could do with your time. "If you spend that hour practicing guitar or playing basketball or hanging out with friends, it could make a huge difference in your life," he says.

How do you know if you're spending too much time on your phone or Xbox? Warning signs include lying about technology use, spending less time with friends in person, and falling grades, Spector says. If you try to cut back on your tech use and can't, that's a sign you might benefit from a break, or help from a psychologist or counselor, he adds.

For some people, technology use can balloon into a serious problem. Some of Spector's patients spend so much time playing video games that they suffer physical consequences, like malnutrition or dehydration from forgetting to eat or drink. Many have a vitamin D deficiency from lack of sunlight. A few have even developed bedsores from sitting in the same spot for so long.

But you don't need to have physical symptoms to know you might have a problem: Just as serious are the social consequences. When you **compulsively** use technology, you can miss out on important rites of passage—deepening friendships, dating, getting a job, or participating in sports or theater or band. One study showed that the more social media platforms someone used, the more likely they were to experience depression and anxiety. Spector helps his patients address any underlying mental health




INFOGRAPHIC BY TRACY WALKER SOURCE: COMMON SENSE MEDIA

issues and set healthy limits around tech. "They want to be in control of their technology use," says Spector. "They want to use it when they want to use it and get off when they want to get off."

## OBSESSED WITH LIKES

Lilli, 16, faced a different kind of struggle with technology. Once a dedicated ballet dancer, a serious back injury at 13 left her unable to dance—and searching for a new identity. Lilli, who asked that her last name not be used, created a glamorous **persona** for herself on social media, often snapping selfies with an alcoholic beverage in hand. "The person I was portraying myself to be didn't really match up with the morals I had had before," says Lilli.

But Lilli's posts were a hit, receiving hundreds of likes from friends and classmates. When people encountered Lilli in person, they expected her to be the life of the party. And Lilli felt a rising sense of anxiety as she tried to live up to her online image.

Lilli enrolled in a residential treatment program, Paradigm, in Malibu, California. There she got sober and learned to talk about thoughts and feelings honestly. Since leaving the program, Lilli posts less frequently on social media and tries to present her **authentic** self. "I have a totally different perspective on social media now," Lilli says. "I portray myself in an honest way, as the person I am deep down."

Figuring out who you are is one of the most important tasks of the teen years, says psychologist Jeff Nalin, Paradigm's executive director. When you spend too much time playing video games or crafting an online image, you neglect discovering yourself. "It can become very **isolating**," he says.

Caleb, too, entered Paradigm's program after his video game use got way out of hand. He had stopped playing sports, his grades slipped, and he struggled with anger issues. At Paradigm, where devices aren't allowed, he realized how much he'd been missing. He got into surfing and tennis and applied for a job. Most importantly, he remembered how to connect with friends face-to-face. For Caleb, breaking his video game addiction was, well, a game changer: "It's been a realization of what my life could be like."

## #TRUESTORY

### How three kids tamed their tech habits

*Jordon Mallory, 17*
*Indianapolis, Indiana*

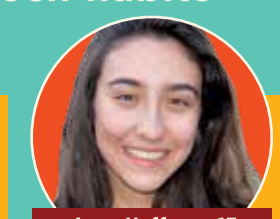
"I was supposed to play in a live-stream charity video gaming event with a team, but I was so hooked on another game, I was an hour late. So, there I was, trying to make an excuse as to why I was late, but I couldn't find one."

**HOW I GOT BACK CONTROL:** "I schedule gaming time on my calendar to set boundaries. One day I stream, another day I might play alone or record for my YouTube."

*Linda Peng, 17*
*Cedar Falls, Iowa*

"When I was bored or procrastinating, I would watch random videos on YouTube, from movie clips to interviews to the Olympics. It was easy to be curious about the next suggested video. Hours would pass and I wouldn't realize."

**HOW I GOT BACK CONTROL:** "Now I stay away from my phone when I need to. I'll put it on airplane mode or simply put it on the other side of the room and do my homework."



*Anne Hoffman, 17*
*Clintonville, Pennsylvania*

"Recently, I've been addicted to my phone. Sleep is important to me, yet I give up an hour of it before bed in order to catch up with social media. Once I was so tired I forgot about a band performance and missed it."

**HOW I GOT BACK CONTROL:** "I keep my phone from taking over my time by creating a list of things I need to do. By keeping busy, I'm not always thinking about it!"

TEEN PHOTOS COURTESY OF FAMILIES

*Illustration by* JOHN UELAND

# STRANGER THINGS

## Weird Body Stuff

*By* LISA LOMBARDI

**Hair in unusual places, zits where you least expect them, sudden body odor: It may feel like your world is turning upside down, but these changes are totally normal. (Phew!)**

### STRANGE THING: Breakouts

You went to bed with clear skin, but woke up on picture day with a giant zit on your nose. What gives? "Breakouts can appear overnight," says Dr. Laurel Naversen Geraghty, a **dermatologist** in Medford, Oregon. The culprit can be as simple as forgetting to wash up before going to sleep. But an acne flare-up is often beyond your control, she adds: "Overnight breakouts can happen because of stress, hormonal **fluctuations**, and sometimes for no good reason other than you're young." Eighty-five percent of teens get zits.

**IT ONLY GETS STRANGER: Bacne**

Pimples can appear anywhere you have oil glands, including your back, chest, and shoulders. "More oil means more blocked pores and **inflammation**—which translates to acne," says dermatologist Dr. Joshua Zeichner, with Mount Sinai Hospital in New York.

**WHAT TO DO ABOUT IT:** Beat breakouts with drugstore cleansers and treatments containing benzoyl peroxide or salicylic acid. Start with a pea-sized amount, says Naversen Geraghty, to see what your skin will tolerate (these products can be drying). If nothing helps, see a dermatologist for next-level options. For bacne, try an acne wash, but let it sit on your back a minute before washing it off, says Zeichner. P.S. If you play football, hockey, or lacrosse, keep pads clean and dry between practices so they don't transfer bacteria to your skin.

**There's a fungus among us: Clean those pads!**

ADELEVIN/GETTY IMAGES (BACKGROUND); AARON AMAT/123RF.COM (RIGHT); RADIUS IMAGES/ALAMY STOCK PHOTO (LEFT); ALEKSANDR MARKIN/SHUTTERSTOCK.COM (WASHING FACE); BETO CHAGAS/SHUTTERSTOCK.COM (FOOTBALL)

## STRANGE THING: Sudden Anger

Your sister takes your headphones without asking and you're super angry! Two minutes later, meh—you're over it. The major hormonal changes you're going through right now bring on emotional changes too. "You experience moods more intensely and the moods may shift rapidly," says Barbara Greenberg, an adolescent psychologist in Fairfield County, Connecticut.

**IT ONLY GETS STRANGER: Spontaneous laughter** You're suddenly cracking up at the weirdest times, like during a math test. Why?

**WHAT TO DO ABOUT IT:** Feeling intense? "Take time-outs—to relax and **decompress**," advises Greenberg. It's also super helpful to get a good night's sleep and avoid skipping meals. Healthy food keeps your blood sugar steady, which makes you less likely to bounce from high to low states. Final tip: Keep a journal, whether it's on paper or in a Google Doc, recommends Greenberg, adding, "Journals are a great place to sort out your feelings."

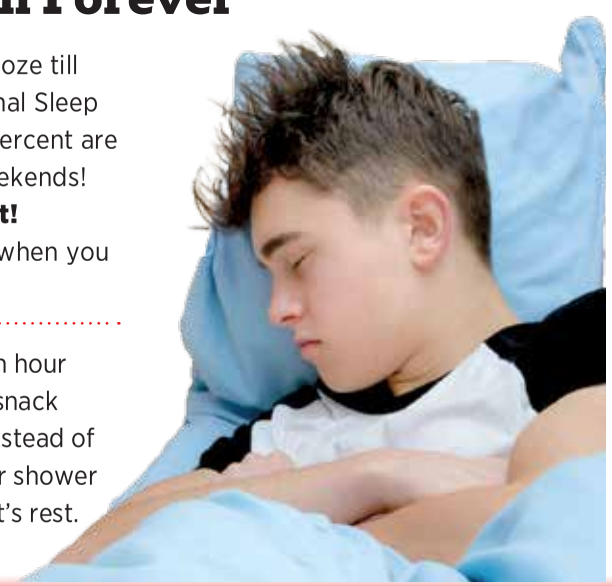
Healthy eating can help your mood!

THIS PAGE: SHUTTERSTOCK.COM: CARLOS CAETANO (ANGRY); AS FOOD STUDIO (HEALTHY FOOD); HONG VO (WAFFLES); MEMORISZ (X-RAY); BENGINGELL/123RF.COM (SLEEPING); ISTOCKPHOTO/GETTY IMAGES (TONGUE); COLIN HAWKINS/GETTY IMAGES (SNEEZE)

## STRANGE THING: Sleeping Until Forever

You're up and out early every school day but on weekends you snooze till noon. You're not lazy—you're just growing. According to the National Sleep Foundation, teens need 8 to 10 hours of sleep a night, but only 15 percent are getting 8½ hours a school night. Your body tries to catch up on weekends!

**IT ONLY GETS STRANGER: You can't get to sleep on Sunday night!** You know the drill: After sleeping in, you're over-rested and wired when you should be dozing off to recharge for the busy week ahead.



Combat snack attacks before bed.

**WHAT TO DO ABOUT IT:** Power down devices an hour before bed. Hungry? Reach for a light, carb-rich snack that's easy to digest (think a banana or waffle) instead of heavy or greasy stuff (like pizza). A warm bath or shower has also shown to prep our bods for a good night's rest.

## STRANGE THING: Underarm Odor

Um, what's that smell? Your oil and sweat glands are maturing and becoming more active now—and that means body odor, explains Dr. Joshua Zeichner. What you're actually smelling is your own sweat interacting with the normal bacteria on your skin.

**IT ONLY GETS STRANGER: Stinky feet** Our feet have 500,000 sweat glands and can produce more than a pint of sweat a day. "Stinky feet are commonly caused by overgrowth of fungus," says Zeichner.

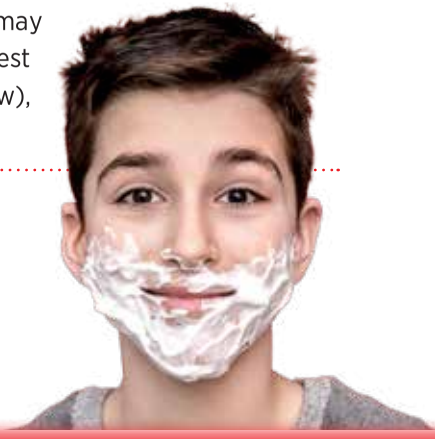
**WHAT TO DO ABOUT IT:** Try a **deodorant** made for teens, which has fewer chemicals. If that doesn't do it, use a standard **antiperspirant**. For feet, if you notice scaling skin or white discoloration, you may have athlete's foot. Try over-the-counter clotrimazole cream twice a day.

Once a day to keep B.O. away

## STRANGE THING: Body Hair

Even when you're expecting body hair, it can freak you out when it looks nothing like what's growing on your head. "People are often surprised at how different hair can be, depending on where it grows on the body," says Naversen Geraghty. The hair on our heads can be light or dark, straight or curly, and thick or fine, while hair under the arms and near the groin is often coarse and dark. Leg- and upper-lip hair may be finer—and sometimes has a few colors mixed in.

**IT ONLY GETS STRANGER: Hair in wacky places** Ever notice a hair or three in a weird place like your toe? "It is 100 percent normal and expected for body hair to grow just about everywhere—except for maybe on the palms of your hands or soles of your feet," says Naversen Geraghty. You may see strays on the face, chest (even girls may have a few), or fingers.



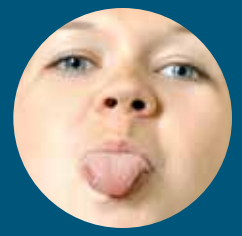
Tweeze only if you please!

**WHAT TO DO ABOUT IT:** If the random hairs bug you, pluck them with tweezers. But for taking off underarm hair or facial fuzz, shaving is the best option. Have a parent help out the first few times until you've got it down. Tip: An electric razor can help lower the risk of **nicks** and irritation.

THIS PAGE: SHUTTERSTOCK.COM: LAPINA (FEET); HAKAN EGNE(EYE); LUMENA (SHARK); BEN GINGELL (ARMPIT); AALUM ROZLI (DEODORANT); TEREKHOV IGOR (TWEEZERS); ISTOCKPHOTO/GETTY IMAGES (SHAVING)

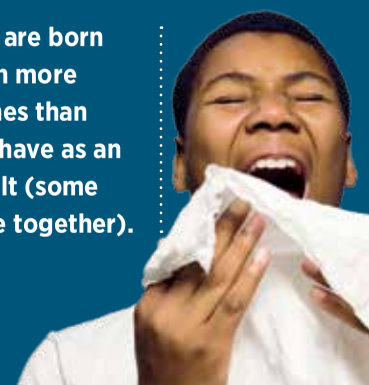
# Seven Freaky Facts About the Human Bod

**Huh? Yep, everyone's born this way!**



**You know we each have a unique fingerprint, but did you know we also have a unique tongue print?**

**We are born with more bones than we have as an adult (some fuse together).**



**It's impossible to keep your eyes open when you sneeze.**

**Your fingernails grow over three times faster than your toenails.**

**People pass gas about 14 times a day.**

**The human eye can see at least 1 million different colors. Some people can see 100 million colors.**

**Your teeth are as strong as shark teeth!**

# Teens Just Wanna Have Funds

By ALEXANDRA KIRKMAN • *Illustrations by* LINZIE HUNTER

**Ready to figure out how to save some cash—and start managing your own money like a boss? We thought so. $$$ ahead!**

**There's a reason** so many rap songs talk about making those Gs: **Accumulating** wealth makes it easy to buy whatever you need—with money left over for the fun stuff, too. And you're at exactly the right age to start mastering the basics of personal finance. After all, many banks are eager to open accounts for kids 13 and up. And whether you're babysitting, selling clothes at the mall, or serving coffee, you've likely stepped up your earnings from the coins you brought in when all you had was a lemonade stand. Plus a sweet perk of a bank account is a debit card, which you can use to make purchases with money from your account.

It's smart to trade in your piggy bank for some plastic, and not just because it feels super adult. "I opened up a checking account with my parents. I learned how to **budget** and spend my money wisely, as well as keep track of my account," says David Marshall, 16, of Ruidoso, New Mexico. "It's taught me how to be more responsible with money." To get started, we've pulled together genius ways to see your net worth grow—and to stretch every dollar as far as you can.

# 5 WAYS TO SAVE SOME DOUGH

## 1. HAVE A SPECIFIC GOAL

Knowing exactly what you're saving for makes stashing your cash easier. "Saving money is tough because you're going against your **instincts** of immediate gratification—that you should just go for it then and there," says personal finance expert and *Today Show* financial editor Jean Chatzky. "That's why we have to incorporate strategies that help us make the right decisions." For example, if you need $300 to buy a new video game system, watching your savings grow toward that total will help you overcome the urge to instead blow your cash on, say, pizza after school.

## 2. GET THE MOST BANK FOR YOUR BUCK

When you're opening a checking account, shop around for one that will help you make the most of your money. "The goal is to find an account with the fewest fees and the most **interest**," says Susan Beacham, coauthor of *O.M.G. Official Money Guide for Teenagers*. (Interest is money you earn by keeping your cash stashed with a bank.) Her advice: Check local banks first. "Community banks tend to give teenagers better interest rates because they want to **cultivate** junior savers as a gesture of goodwill," she says. (Head online to choices.scholastic.com/banking for some top checking and debit card options.)

IMAGE SOURCE/GETTY IMAGES; (POCKET): SHUTTERSTOCK.COM (PRAPASS/CHOCOLATE); (STEINAR/CREDIT CARD); (NETKOFF/(DEBIT CARDS); (YANN808/SKATEBOARD); (DAN THORNBERG/BASEBALL)

## 3. KEEP YOUR DOLLARS DIGITAL

Ever heard the phrase "money burning a hole in your pocket"? The idea is if you have cash—say, $20 from babysitting or mowing the neighbor's lawn—you'll be itching to spend it instead of saving it. Get those bills out of your hands and into the bank with money-transfer apps. "Ask to get paid with Venmo," Chatzky says. Then you can shuttle the money straight into the bank from your phone.

PIXSEL/TZRE.COM (MONEY); ALEXSL/GETTY IMAGES (GRADUATION CAP); TEEN PHOTOS COURTESY OF FAMILIES

## 4. START A "FIVE-BUCK FUN CLUB"

Here's the idea: Everyone chips in $5 and comes with an idea about how to have the most fun with your collective cash. "While $5 won't get you very far in today's world, $25 may get you a ride share to an activity that you all want to check out, like a free concert," Beacham says. Plus, learning how to maximize your money presents the fun opportunity to scour your community for free stuff. "If you think of it like a treasure hunt, you're more likely to enjoy the experience and get the most out of it," she adds.

## 5. MAKE SAVING A FAMILY AFFAIR

Here's a trick that'll make you want to put more cash in the bank: Ask your parents and grandparents if they'll consider matching what you save, Beacham suggests. Maybe they give you 25 or 50 cents for every dollar you stash, up to a set amount. Have them send the money to you with Venmo or FamZoo, a "virtual family bank" that lets family members easily send funds to one another.

## WE ❤ OUR DEBIT CARDS!

**3 teens on what they've learned from paying with plastic**

**"I like having the freedom to buy things online without having to pay my mom cash then borrow her credit card. Also, if I forget lunch money I have a backup."**

*—Andrew Cherry, 15, Westfield, New Jersey*

**"With a debit card, it's so easy to keep track of my money through the online app. It's also really instructive to know that my card has a limit I can't exceed."**

*—Natalie Lopez, 17, Maywood, California*

**"I love having a debit card. My mom can transfer money instantly to me. And I like that I don't walk around with cash—when friends ask for a dollar, I can honestly say I don't have one!"**

*Brooklyn Wright, 15, Powder Springs, Georgia*

DIGITAL ILLUSTRATION: JOHN VALK

## WHY NO ONE WANTS TO GIVE YOU A CREDIT CARD

**Credit cards are a different animal from debit cards, and can be expensive and dangerous if you don't manage them correctly. That's why in 2009, a federal law banned credit card companies from issuing cards to anyone under 21, unless they have adult co-signers or prove that they have enough income to repay the card debt.**

**"Credit is a loan for about 27 days," explains Susan Beacham. "But if you don't pay the full balance within that period, you start to pay interest that's usually in the double digits." So the outfit you buy for $50 could eventually cost you $75 or $100. She suggests sticking to a debit card even in college, so you *only* spend money you have.**

# Evan turned his love of cooking into funds for Puerto Rico.

**The INSPIRATION:** Evan Robinson, 12, lives in Chicago—2,000 miles away from family friends in Puerto Rico. But in the **aftermath** of Hurricane Maria, when much of the island was without food, power, and water, he wanted to help. An avid cook (he was on *MasterChef Junior!*), Evan decided to sell homemade **empanadas**—a Latin American pastry filled with meat, cheese, fruit, or nuts—and give all the **proceeds** to Unidos por Puerto Rico, a hurricane-relief **initiative** started by Puerto Rico's first lady Beatriz Rosselló. "We talked to our friends there," says Evan. "They helped us find a charity that would directly help people on the island."

**The ACTION:** Evan used his Facebook page to accept orders for his empanadas, calling the campaign #PiesForPuertoRico. Out-of-towners wanted to help, so he let them pay for empanadas that went to a Chicago-area homeless shelter. "That way, we were helping people out in two ways," says Evan. He shaped, and baked more than 400 empanadas, and his parents and their friends helped deliver the treats around Chicago. "It was great to see the look on people's faces," he says. "They were so happy to get the empanadas—and to support Puerto Rico at the same time."

**The OUTCOME:** From empanada orders, Evan raised more than $800. He also set up a charity crowdfunding page where so far he's collected $615 for Unidos por Puerto Rico. "Any small thing can make a great impact," says Evan. "My deal is cooking, so I put my own spin on it. But whatever you're good at, you can use it to help others."

COURTESY OF FAMILY

**For information on how you can help relief efforts in Puerto Rico, check out the organization Evan partnered with at unidosporpuertorico.com**

**Nearly 50% of adults don't know that people born in Puerto Rico, a commonwealth of the United States, are U.S. citizens.**

Source: Morning Consult National Tracking Poll, 2017

DATE:

NAME:

# Vocab: Are You Addicted to Your Phone?

**Directions:** Using the Word Bank below, fill in the blank spaces in the following sentences.

**Word Bank**

| | | |
|---|---|---|
| dopamine | engage | ignite |
| coincidence | compulsively | primitive |
| tinkering | authentic | hacking |
| overt | isolating | persona |

1. It's not a _____ that you feel addicted to your phone. App developers and designers want to get you hooked.

2. Every time you get a notification, your brain gets a quick surge of _____, which is a chemical signal from your brain that gives you a little boost of pleasure.

3. The _____ part of your brain is programmed to _____ certain cells to release a chemical signal, so playing makes you crave even more screentime.

4. App makers and game developers are constantly _____ with different ways to get you to spend even more time with their product.

5. In a way, app makers and game deveopers are _____ your brain and experimenting with different ways to get you hooked.

6. These methods can sometimes be _____, like Snapcat "streaks," which reward you if you _____ at least once a day.

7. When you _____ use technology, it can be _____, and you might miss out on important social events.

8. On social media, people often create a glamorous _____, and aren't presenting their _____ selves.

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YOUR MENTAL HEALTH PAGES 10-15 DATE:

NAME:

# Quiz: Are You Addicted to Your Phone?

**Directions:** After reading "Are You Addicted to Your Phone?" on pages 10-15 in this issue of *Choices*, fill in the bubble next to the best answer for each question below.

**1. The chemical message that gets released in your brain when you get a notification on your smart phone is called:**

Ⓐ Oxytocin
Ⓑ Dopamine
Ⓒ Testosterone
Ⓓ Adrenaline

**2. Why is it important to turn off your screens an hour before bed?**

Ⓐ The notifications might keep you up
Ⓑ The blue light from the screen makes your brain think it's daylight
Ⓒ The temptation to check it can be really hard to resist
Ⓓ All of the above

**3. What would be the example of a balanced and moderate amount of playing video games?**

Ⓐ No games at all until the weekend.
Ⓑ Up to three hours a day as long as homework is finished.
Ⓒ No more than one hour each day
Ⓓ Only allowed on vacations and school breaks.

**4. What is the average amount of time girls spend on social media each day?**

Ⓐ 1 hour and 32 minutes.
Ⓑ 30 minutes
Ⓒ 47 minutes
Ⓓ 25 minutes

**DIRECTIONS:** Write your answer in the space below the question. Use complete sentences.

**5. What are some of the physical consequences that can occur when people develop an unhealthy relationship with technology?**

**6. How can spending too much time with your technology impact your social health?**

**7. What are some of the ways the app developers and game designers try and get you hooked, and why do they want to do that?**

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