

What positive things can we remember doing with our phones in the last week?

What are the long term goals we have for our free time? What would we like to get out of our evenings and weekends?

CLIP – 16:00 TO 20:00

Watch this clip together. The clip ends as Ben sits down with a friend at school.

TASK

Discuss the clip together. What did you find challenging about it? These questions may help shape your discussion:

What are the tools our phones use to keep us engaged? What three things are the most effective in making us pick them up?

What times of day are we most likely to waste time on our devices?

How do our phones help or hinder us in achieving our goals in free time?

HOMEWORK TASK – SCREEN TIME

At the end of this session we’re going to activate our screen time monitors. These exist in the settings for both Apple and Android devices, or they can be downloaded for free from the relevant app store. We’re going to allow the app to monitor how we’re using our devices until the next session.

Before we do that, let’s make some predictions (leave the final column blank for now):

Task	Predicted time per day	Goal time per day	Actual time per day
Phone use			
Social media			
E-mail			
Web browsing			

PREPARATION TASK FOR SESSION 3:

- Activate your screen time monitors.
- Don’t check your results until the beginning of the next session.
- Keep your predictions somewhere safe so you can review them in the next session.