



High School

Watch:

The Pressure to Stay Connected <https://www.youtube.com/watch?v=Pc-qk0t8ms4>

Reflect:

1. What are the most positive things you get out of having your phone?
2. What things are you more aware of after watching this video that impact how long you watch things on your phone?
3. Is there anything you would like to change about your phone usage?

