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Example

## Cell Phone Issues

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### Directions:

Complete the graphic organizer below to devise a solution to the issue your group is exploring.

Issue Description: \_\_\_\_\_ Cell Phone Issues \_\_\_\_\_

### Part 1: Considering Impact

Discuss the following questions as a group. Write down ideas and insights.

#### 1. Name and describe the issue in detail.

The issue we are looking at is the use of social media on cell phones and other personal devices. We consider this to be an issue because cell phones and social media are very distracting, you can miss out on important information or social interactions when you are distracted by your phone. Phones also give us a false sense of connection. Some people look to their cell-phones as a way to connect with others and this can cause isolation and lack of in-person exchanges. When we are connected on cell phones there can be many misconceptions because we can't hear each other's tone or read each other's body language through text messaging. It is also easier to say harmful things when you are communicating over a device. We also have new fears like FOMO, fear of missing out. Cell phones and social media can be addicting.

#### 2. Who or what may have contributed to the issue? What are some possible causes for this issue?

Some studies show that teenagers spend so much time on social media for the following reasons:

- a. the fear of missing out if not on social media
- b. social media strengthens connections and makes them feel less lonely, and
- c. social media is a fun way of passing time.

#### 3. Identify some choices that have impacted this issue. Who made these choices?

Viewing social media as a safer way to interact, seeing it as providing us more control, mirroring what adults are doing.

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*(continued)*

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### Part 2: Devise a Plan to Improve the System/Issue or Solve the Issue

Devise a possible solution(s) to the identified issues. Consider the short and long term consequences of the solution.

Possible Solution(s) and Action Steps	Short-term & Long-term Consequences	Possible Unintended Consequences
<ul style="list-style-type: none"> <li>• Set time limits for myself</li> <li>• Be intentional about what I am using my cell phone</li> <li>• Erase apps that I find do not contribute to my well-being</li> </ul> <p><b>Action Steps</b></p> <ul style="list-style-type: none"> <li>• Have cell phone-free mornings</li> <li>• Plug my cell phone away from my bedroom and do not sleep near it</li> <li>• Use my cell phone for communication and research and limit my social media time</li> <li>• Take Snapchat off my cell phone</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling better about my relationship with technology</li> <li>• Setting boundaries</li> <li>• Being present and available in my immediate environment</li> <li>• Better management of time</li> </ul>	<ul style="list-style-type: none"> <li>• Less stress</li> </ul>