



# Put That Down and Look at Me – Whose Faces are Screens Replacing?

*October 2023*



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**Two things I learned about today that I might consider incorporating into my work / home life are:**



**I realized these two things about my habits and those of my family:**



**Three research-based facts about Technology Addiction that I learned today are:**



**Two possible reasons why our society has become so addicted to technology could be:**



**I LOVED the following idea that I learned from my colleagues:**

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# I don't want you to think...



**WHAT DOES SCIENCE SAY?**

**WHY DO WE DO IT?**

**WHAT CAN WE DO ABOUT IT?**





# What percentage of humans have some kind of internet-based addiction? **48%**

An average person checks their phone **900** times/day, while the more addicted check their phones as much as

**2,617**

times/day



# SCIENCE SAYS that ...

Digital addicts completely  
**decrease their concept  
of real life**



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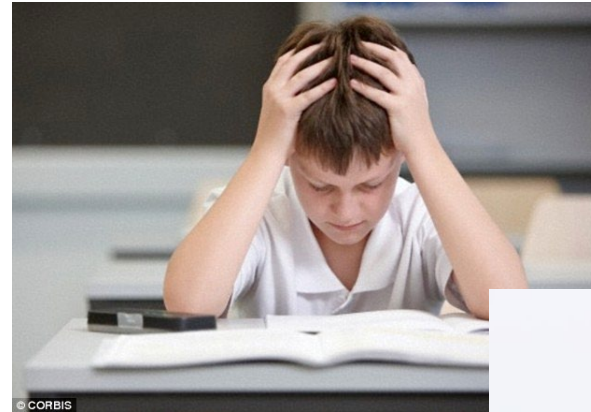


# How does an addiction to technology impact our emotions?

Compared to a control group,  
those addicted to the Internet  
scored

**higher** on measures of  
**depression and anxiety,**  
and

**lower** on measures of  
**self-directedness and**  
**cooperativeness**



# How does an addiction to technology impact our emotions?

## LONELINESS

**28 YRS AGO** = 4 CONFIDANTS  
**NOW** = 1 CONFIDANT



Most Alone → UNDER 29!



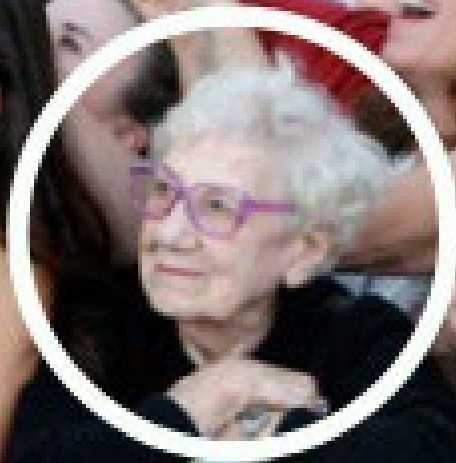
**48%**  
of respondents report  
feeling significantly  
lonelier than they did 3  
years ago



A large, diverse crowd of people is gathered behind a metal barricade, likely at a concert or public event. Many individuals are holding up their smartphones high in the air, capturing photos or videos. The crowd includes people of various ages, from young adults to an older woman in the foreground. The scene is brightly lit, suggesting an outdoor evening event. A semi-transparent text box is overlaid on the upper left portion of the image.

Technology is shaping our lives

Technology is shaping our lives



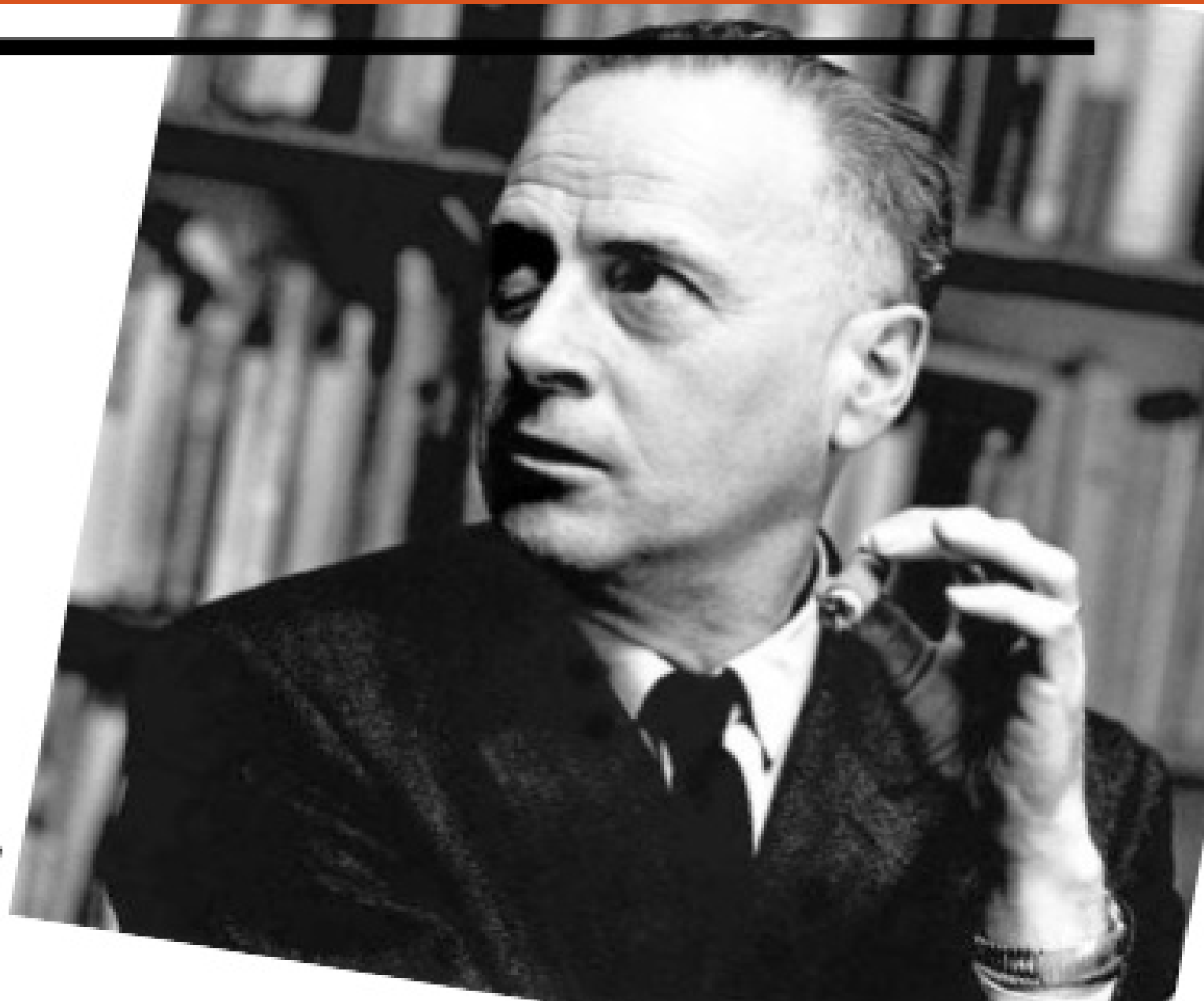


# SCIENCE SAYS:

## Marshall McLuhan

*Canadian Philosopher who studied  
the theory of media*

*"We shape our tools,  
and (later) our tools shape us"*



# WHY DO WE DO IT?



"Did I get any likes?"

"Have they replied yet?"

"Are any new pics of me posted?"

## BOREDOM



## FEAR of MISSING OUT...



## Pressure to be IN THE KNOW...

Didn't you hear?

Wasn't that terrible about...

I would have thought you'd seen it on....



# WHY DO WE DO IT? ... The Good News

## Translations



## Global Relationships



## Communicating with Distant Relatives



## Digital Banking



## Exposure to Opportunities



# WHAT CAN WE DO ?

## TRY “SHREDDING” A PHONE OR TWO FOR AWHILE

PLAY PHONE STACK AT RESTAURANTS



Cellphone drop off





# WHAT CAN WE DO ?

Simply turning off the notifications will make you less likely to look at your phone every few seconds.



# WHAT CAN WE DO ?

## Stop WEB searching everything ... do you remember...



with no phone?

Choosing a



with no "YELP" reviews?

Playing board games?



Traveling with a map?



Reading a handwritten letter?





# WHAT CAN WE DO ? Establish BOUNDARIES!





# WHAT CAN WE DO ?

## SET LIMITS FROM THE ONSET

- Wifi interruption settings
- Timers on devices
- Establishing boundaries
- Develop self-assessment and ownership





# WHAT CAN WE DO ? UNPLUG BEFORE BED

Several hours before you go to sleep, power down all tech devices.



Institute a “Device Basket” *away from bedrooms*



# WHAT CAN WE DO ?

## RETURN TO OUR ROOTS SOMETIMES

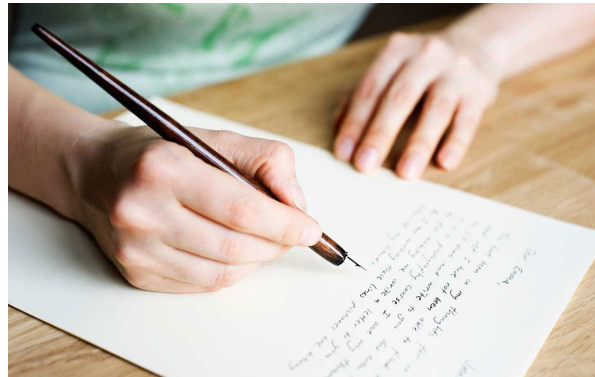
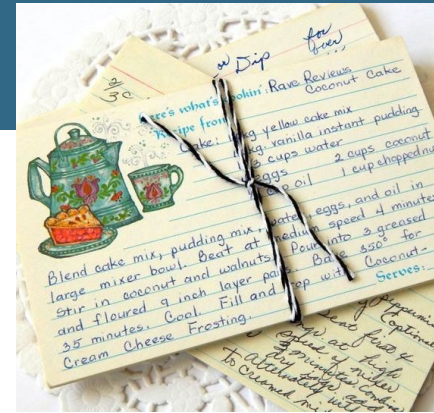




# WHAT CAN WE DO ?

## END IDLE TIME

- Take a walk
- Clean a cabinet
- Write a love note with paper and pen
- Dance to your favorite song
- Meditate for 10 minutes
- Read a Book
- Cook a special meal – following a handwritten family recipe



# WHAT CAN WE DO ?

## STOP BEING AVAILABLE 24/7

With devices in the pocket, work-life fences are down and people are always set to be on.

Create a space away from screens.

2 DAYS a week →



(for work related communications)

check out [Digital Detox](#).



**WHAT CAN WE DO ?**

**SET A GOOD EXAMPLE!**



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