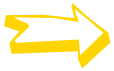

EDUCATOR ANSWER KEY—SAFER DIGITAL MEDIA USE

1. If social media, smart phones, and video games are drugs that you can become dependent on or addicted to, what are the effects of these drugs (what “high” do they give)?
 - Happiness
 - Distraction
 - Feeling purposeful
 - Getting attention
 - Companionship
 - Numbing
 - Stimulation
 - Taking your mind off other things
 - Preoccupation
 - Dealing with social anxiety
2. What would make someone worry about their social media, smart phone, or video game use? At what point is their “drug” use out of control?
 - When the behavior becomes dangerous (e.g., screens while driving).
 - When it interferes with life (e.g., skipping out on friends, family, meals, sleep).
 - When you feel like you cannot live without them.
3. What are the withdrawal symptoms from using social media, smart phones, and video games (what does it feel like to try to stop or reduce use that is out of control)?
 - A strong urge to use the “drug” again
 - Fidgeting
 - Listlessness
 - Boredom
 - Feeling lost
 - Feeling empty
 - Feeling anxious
 - Being unsure of what to do with yourself
 - Loneliness
 - Feeling uncomfortable
 - Sleepiness
 - Fatigue



4. How do you reduce the harms caused by social media, smart phone, and video game use?

- Giving yourself time-outs (e.g., not using screens for an hour a day)
- Limiting use (e.g., two hours per day)
- Setting boundaries (e.g., no screens during class or right before bed)
- Deleting accounts and phone apps
- Going for a walk without your phone or console
- Downloading and using apps that temporarily disable social media apps
- Driving without the use of screens

