

Student name: _____

Date: _____

All day no phone challenge. Please be honest when completing the questions.

1. How many times throughout the day did you reach for your phone or think about your phone ? (just put a tally mark)

2. How have you felt throughout the day? Anxious, nervousness, lost, irritated etc. (if you experienced more than one emotion, document that)

3. Did you interact more with your peers?

4. Were you more engaged in your classes throughout the day?

5. Do you feel like you are dependent (reliant) addicted to your phone?

6. Do you feel like you compare yourself, relationships, materialistic things to social influencers? Why or why not

7. Parents, please initial here _____ if your student stayed off electronic devices for the entire evening. Did you notice any changes in behavior? Please briefly explain.

Parents, please initial here _____ if your students were not able to complete the challenge at home.

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Students this part, is to be completed the first full day of no phones

8. Fellow teachers, the above student is participating in a 24 hour no phone challenge, please briefly explain if you noticed any change in students behavior or participation in class. (brief explanation)

Period 1: _____

Period 2: _____

Period 3: _____

Period 4: _____

Period 5: _____

Period 6: _____

Period 7: _____

Period 8: _____

9. After watching Social Dilemma and completing the challenge, do you think that you are going to change your social media, electronic device behavior? Explain to me why or why not?

10. What is one thing that you can take away from this challenge?

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