

## Cell Phone Deprivation Activity

<u>Purpose &amp; Preparation</u>	<u>Procedure</u>
<p><b>Purpose:</b></p> <ul style="list-style-type: none"> <li>• To provide students with an initial idea of what it feels like to need and want to have something.</li> <li>• To learn how to identify behaviors and feelings as wants, needs, habits or addiction</li> <li>• To compare student definitions of addiction with medical definitions of addiction, so that students gain a better understanding of and misperceptions related to addiction</li> <li>• To allow the educator to see what students already know about addiction and what misconceptions they may have about addiction</li> </ul> <p><b>Preparation:</b></p> <ul style="list-style-type: none"> <li>○ Before facilitating this activity, please read through the directions to consider the class’s circumstances and determine if the activity is appropriate for the class.</li> <li>○ Please keep in mind that not all students have and can afford cell phones. If many students in the class do not have cell phones, this activity may not have the desired impact. Student</li> </ul>	<p><b>Procedure:</b></p> <p><u>Kahoot Poll:</u> Explain that you will be conducting an anonymous poll about cell phones. This survey can also be done using pieces of scratch paper after the collection of cell phones.</p> <ul style="list-style-type: none"> <li>• <a href="http://tinyurl.com/TPT-CellPhonePoll">http://tinyurl.com/TPT-CellPhonePoll</a></li> </ul> <p>Kahoot Poll Questions</p> <ol style="list-style-type: none"> <li>1. <b>How often do you have your phone with you?</b> <ol style="list-style-type: none"> <li>a. Always, Most of the Time, Rarely, Never</li> </ol> </li> <li>2. <b>How anxious do you feel when your phone battery is close to 0% charge?</b> <ol style="list-style-type: none"> <li>a. Not Anxious at All, Slightly Anxious, Anxious, Extremely Anxious</li> </ol> </li> <li>3. <b>About how often do you check your phone?</b> <ol style="list-style-type: none"> <li>a. Every 5 minutes, Every hour, A few times a day, Once a day</li> </ol> </li> </ol> <p><i>Phone Collection:</i></p> <ol style="list-style-type: none"> <li>4. Explain to the class that everyone will be participating in an informal experiment. Have all the students take out their cell phones and make notifications audible. You will do the same with your phone. Place your phone in the box and have the students turn in their phones as well.</li> <li>5. Two questions will likely immediately come up: “Why?” and “How long will you keep my phone?”             <ol style="list-style-type: none"> <li>a. Answers can be simple: “It is a learning activity.” You may also answer, “The end of the period.” If you can proceed without answering that would be better, as you are trying to create feelings of anxiousness.</li> </ol> </li> </ol> <p><i>More directions below, please continue reading.</i></p>



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participation in this activity would be voluntary.

- Do not confiscate cell phones from unwilling participants for this activity, as a teacher-student conflict will distract from the intended purpose of the activity.
- Before the class session, have someone you know call and/or text you intermittently during the class period or alternatively, coordinate with a student in the class and have them text classmates during the activity.
- Additionally, student's phone's will likely buzz and ring as they receive texts, notifications, etc. This activity can be done on its own or can be done as a lead up to another activity, keeping phones in the box for a longer time and allowing for students to get more restless.

### Materials Needed:

A box big enough to put students' cell phones

### Suggested Reading:

[Teens and “Nomophobia”: Cell Phone Separation Anxiety](#)

### Brainstorm:

6. Ask students how they are feeling about giving up their cell phones.
7. Brainstorm a list of words on the board—accept all of the students' ideas.
8. Ask if there is any physical reaction to giving up their cell phone.
9. Have students describe any emotional reactions.
10. Find out what they are worried about.
11. Ask them to consider if they think they're having a rational reaction?
12. What are they afraid could happen?
13. Is anyone feeling anxious or stressed?
14. *Discussion Questions: (Should be done at the end of the class period, about 10 min before cell phones need to be returned)*
  - a. Do you think you could be addicted to your cell phone? Why or why not?
  - b. Define the terms “need” and “want.” (*Write the terms on the board.*)
  - c. Do you need your phone or do just want your phone?
  - d. How do you think your feelings right now compare to being chemically dependent, addicted, to a drug?
  - e. How easily do you think people can develop a strong attachment to something?

