

# Are We Hooked?

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Part 1: See - Think - Reflect

**Directions :** [Click here](#) to see the photo collection *Removed* by artist Eric Pickersgill. Review the photos and then complete the questions below.

1. **See.** What do you see in this collection of photographs? Focus on what is actually there; challenge yourself not to interpret it yet.

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2. **Think.** What is your impression or interpretation of the collection of photographs? What do you think the artist was hoping to show?

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3. **Reflect.** How does the collection of photos make you feel? Do you agree with what the artist is trying to show? Why, or why not?

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MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

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## Part 2: Different Perspectives

**Directions :** Complete the first row of the table using the article you read in class. You will complete the remaining rows when you move on to Part 3 of this handout.

### Notes Tracker:

Resource	Yes, we are addicted to our devices.	No, we are not addicted to our devices.
Article: <b>Screen Addiction Among Teens: Is There Such a Thing?</b> (NPR.org)		
# _____		
# _____		
# _____		



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## Part 3: Explore

**Directions :** In your group, choose two resources from the list below to review. As you review them, consider what they say about whether or not we are addicted to our devices. Add their arguments to the Notes Tracker in Part 2. Choose additional resources if time allows.

### Resource 1



Watch: [It's Not You. Phones Are Designed to Be Addicting.](#)

VOX, YOUTUBE.COM, 2/23/2018 (6 MINS.)

### Resource 2



Read: [Even Teens Are Worried They Spend Too Much Time on Their Phones](#)

QUARTZ, 2018 (5 MINS.)

### Resource 3



Watch: [Technology Addiction Isn't Real but You Can Have an Obsession](#)

HUFFINGTON POST, 2017 (2 MINS.)

### Resource 4



Read: [No, You're Not Addicted to Your Phone. Neither Are Your Kids.](#)

INC. 2018 (7 MINS.)



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## Part 4: Take a Stand

Think about the different articles and videos you reviewed and choose one of the two assignments to complete based on your opinions.

### Option A:

Write a letter to the executives of one of your favorite apps (e.g., Snapchat, Instagram) or digital media companies (e.g., Netflix, YouTube), providing recommendations for how they can use humane design when developing their products. Identify specific features you would change or add to the product, and be sure to justify your reasoning.

### Option B:

Is tech addiction real? Write a two-paragraph opinion piece in response to this question. Be sure to justify your answer, referencing specific resources from Part 2 (or new ones you come across in your research). Consider some of the following questions when developing your response:

- What is addiction? How do you define addiction?
- Is there a difference between addiction and being "hooked"?
- Is there a criteria you would use to determine whether or not someone is addicted to technology?

In your response, identify one thing you plan to do to create more media balance in your life.

I chose option \_\_\_\_\_

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