

Tech Habits

Part 1: Tech Habits Interview

With your partner, take turns interviewing each other using the questions below. This is a chance to reflect on your own tech life and learn about someone else's.

Interviewer: _____

Interviewee: _____

Interview Guide	
<p>What is one of your earliest memories of media or tech? Do you remember the specific app, TV show, or device?</p>	<p>Answers will vary.</p>
<p>What sort of media and tech do you use every single day, and why?</p>	<p>Sample responses:</p> <ul style="list-style-type: none"> • Media and tech: Social media (Instagram, TikTok, Snapchat), YouTube, video games, music, FaceTime, text messages, fitness apps, etc. • When: When I wake up, go to bed, while getting ready for school, Waiting in line, bathroom, hanging out with friends, working out. • Why: Communicate with friends, be entertained, read the news, stay organized, listen to music, learn new things.
<p>Of the things you shared, what are the best parts about the way you use tech?</p>	<p>Sample responses: I can stay connected with my friends, meet new people, explore my hobbies and interests, listen to music, gaming with friends, creating and sharing content, etc.</p>
<p>Does using tech ever bring you any stress or negative feelings? When and why?</p>	<p>Sample responses: Comparing myself to others, feeling like I'm missing out, unrealistic expectations, lack of privacy, the need to stay connected and always be on, having to keep up a certain look or persona, etc.</p>
<p>Are there any tech habits you wish you could change or think might be good to change? Are there any new tech habits you've been wanting to build?</p>	<p>Sample responses: Sleep with phone in a different room, set a time limit on a certain app, take more photos, post fewer selfies, read a book instead, unfollow toxic influencers, follow new accounts that better support my values, etc.</p>

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Part 2: Tech Habit Challenge

Now that you've had a chance to reflect on your tech habits, create a plan to change or start a new habit to support your well-being.

Create your tech habit challenge!

Example: Sky's Tech Habit Challenge

<p>Choose: What is one tech habit you want to change or start doing differently?</p>	<p>For one school week, every day I will get up and play music, make my bed, and pack my bag. I won't look at TikTok until after I eat breakfast and I'm ready to go. So I won't open TikTok for at least the first 20 minutes after I wake up.</p>
<p>Why? Why is it important that you change (or start) this habit?</p>	<p>Sky was happy with the way they used TikTok except for first thing in the morning. They felt like the mornings were too rushed and they weren't able to get fully organized for the day.</p>
<p>Alternative: It's helpful to come up with something else to do instead of the old habit. What do you want to do instead of your usual habit?</p>	<p>Sky wanted to start their day by listening to music and getting organized, rather than just getting sucked into TikTok.</p>
<p>Tricks: Are there any other tricks that could help you with your habit challenge?</p>	<p>They put a sticky note next to their bed with a reminder.</p>
<p>Help! It can be easier to change a habit when you have help. Who can help you stick to your tech habit challenge? How can they help?</p>	<p>They told their friend Taylor (because accountability helps with sticking to challenges). Sky said they'd text Taylor every morning with a ✓ if they succeeded and stuck to the challenge.</p>

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Example: Sky's Tech Habit Challenge Daily Log

Day 1: On the first day, Sky woke up and ... immediately checked their phone and instinctively opened TikTok. Sky realized they needed some tricks to help actually stick to the plan. For Day 2, they decided to try moving their phone to charge across the room. They turned on Focus so they wouldn't see any notifications until 20 minutes after wake-up time. And they made a plan to put on their favorite playlist while they got ready for the day to try to make it more enjoyable.

Day 2: Day 2 went better! It felt kind of awkward not to check TikTok, but Sky stuck to the plan and kind of liked listening to music and getting organized. On Day 3, they did it again. Each day, Sky sent a ✓ to Taylor. One day Sky didn't text, so Taylor checked in with a quick ? and Sky sent back a [facepalm] emoji. Taylor texted back: *It happens! Just try again tomorrow.*

A week later: After a week of the new routine, Sky realized that they didn't need to totally avoid TikTok every morning, but it was *really* helpful when they did. Moving forward, if there are habits that feel a bit off, Sky creates a new plan to deal with it.