

NAME _____

DATE _____

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>What sort of media and tech do you use every single day, and why?</p>	
<p>Of the things you shared, what are the best parts about the way you use tech?</p>	
<p>Does using tech ever bring you any stress or negative feelings? When and why?</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>	

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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!

Choose:

What is one tech habit you want to change or start doing differently?

Why?

Why is it important that you change (or start) this habit?

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?

Tricks:

Are there any other tricks that could help you with your habit challenge?

Example: If I want to stop using my phone at 10 p.m., a trick is to set Focus (Sleep) settings so my phone automatically reminds me of my intentions every night.

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?