

# EXPECT SUCCESS



## TALK MORE...TECH LESS

*"Connecting people to the greatest invention ever—people."*



As I pass by the high school students in the hall each morning, they often have their heads down looking at their cellphones. I decided to start asking them as I walk by if they had said "good morning" to each other and talked about how their night went or what they had for supper, before looking at their phones. At first they laughed at me nervously, now they humor me and respond. That conversation spurred me to do a random Google search on "talk more tech less," and, as I should have guessed, such a site actually exists! The site has some relevant facts and statistics that are worth sharing as well as some suggestions for how to increase "no tech" time. Ironically, the parent and grandparent generations will recognize this advice as the frequently heard "go outside and play" response. Little did they know that those oft repeated words were some of the best advice we could have been given as children. We would do well to follow their wisdom as we raise a younger generation in need of **more talk and less tech**.

### Did you know...

- Most people check their phones every 10 minutes (150 times a day)
- 80% of us have our phones with us for 22 hours a day
- Almost 50% of teens admit to texting while driving
- 71% of adults sleep with our smartphones close by
- 90% of 18-29 year olds sleep with their smartphones close by

### What is it doing to our mental health, our relationships & our productivity?

Evidence proves deteriorating relational communication is linked to excessive internet and smartphone use.

- Many 13 year olds check their social media accounts 100 times a day due to these pressures...
  - 61% said they wanted to see if their online posts are getting likes and comments
  - 36% said they wanted to see if their friends are doing things without them
  - 21% said they wanted to make sure no one was saying mean things about them
- Excessive smartphone use in students causes lower GPA, higher anxiety and lower satisfaction with life
- Studies are linking technology to ADHD and other childhood development attention and behavioral issues

*(Visit [www.talkmoretechless.com](http://www.talkmoretechless.com) for more stats and facts)*

### What can we do differently to help our children?

- ⇒ Create "no tech" times at home such as during dinnertime or pick a day of the week like "No Tech Tuesday"
- ⇒ Increase table talk at dinnertime-each take a turn talking about school or work, "What's one new thing you learned today?"
- ⇒ Limit the devices in their bedroom and place a "bed time" on use of their cellphone
- ⇒ Bring back family pastimes of playing board games, putting together puzzles and learning card games (*no tech allowed*)
- ⇒ Use the words heard from our childhood, "go outside and play," and if they want a friend to join, have them make the call