

DEALING WITH DIGITAL DISTRACTIONS

What is the best day you have ever spent with your friends or family?

What was the most impactful thing you saw on social media yesterday?

Have you ever missed anything important because you were too plugged in?



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Why do you use social media?

How does social media make you feel GOOD?

What are the negative effects of social media on you?



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HEALTHY TECH HABITS TO IMPLEMENT

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