

## Addiction Assignment Digital Citizenship 8

Use Microsoft Word to answer the following questions with your best honesty and self-reflection:

1. How do you define addiction?
2. Are you addicted to social media or your phones in any way? Why or Why not?
3. What percentage of Burnaby South Grade 8 students do you think are addicted to Social Media or their phones?
  - a. Can you provide example stories or situations (without using people's names)
  - b. How can you tell if someone is addicted to social media or their phones?

*After watching the video, answer the following questions:*

Video Link: [📺 The CURE to Social Media Addiction | It's Not What You Think](#)

4. The 1 Day Delete: The video suggests deleting your social media apps for 1 day
  - a. Would this help a Grade 8 student's social media addiction? Why or why not?
  - b. Would you be able to do this 1 Day Delete?
5. Unfollow & Unsubscribe
  - a. How many people/accounts do you follow? How many follow you?
  - b. How many apps are on your phone?
  - c. How many apps would you be willing to delete today?
6. Your Attention & Distraction
  - a. Does your phone distract you?
  - b. Can you provide an example when you became distracted? Have you seen others become distracted?
7. What are your realistic solutions to help Grade 8 students with their addiction to social media or their phones?