**Dillon Bolding**

**English 149**

**May 1, 2019**

**Materials & Talking Points Overview:**

**Screen-Time Addiction – Is it shortening our attention spans? Is it making us unhappy?**

We spend nearly half of our waking lives looking at a screen. That’s 7 hours each day behind a screen. And that totals just about 8000 days of our lives.

* NeW York Post



What is it doing to our brains?

“I’ve never had cocaine, but…..”

Just for some reference, what social media apps do you use?

Do you ever feel yourself wanting more?

Facebook, Snapchat, Tumblr, Reddit, Instagram, Pinterest, Twitter – that order

I did the math, my average usage time on Facebook each day is 2 hours, but why, why do I do that? What is it giving me? Let’s look at this next clip.

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Do you ever feel there is no end point?

How do you stop yourself when you feel you’ve indulged too much?

Do you ever just keep going, keep scrolling even though you know you should stop?

Do you really ever feel satisfied after consuming all that media?

Do you think it is making us unhappy?

….



Why do you think we are spending so much time on apps that are making us unhappy?

I’d like to integrate one last clip into our conversation because I think it’s very telling of where we are going as a society – everything is becoming less real and more digital – but does that necessarily mean its not real? Dumblre

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I have often caught myself thinking in the midst of performances and happy moments, that people just always have their phones out snapping away and recording – viewing real life through a screen, despite that the real, actual life happening before our eyes is just behind that screen. I have even lately caught myself doing this. Sometimes I just wonder why not just enjoy the moment instead of having to record every bit of it?