



## Handout 1: Phone control strategies

Rank the following strategies for taking control of your phone, based on how effective they might be for you:

**Go Greyscale | Out of Sight Apps | Nuke Your Notifications | Set App Limits | Locked Out Apps  
Lock It Away | Phone Free Meals | No Phones Before Bedtime | No Phone in Bedrooms At Night**

Write the most effective strategy at the top of the diamond, and the least effective strategy at the bottom.

A diamond-shaped ranking grid consisting of 10 empty rectangular boxes. The boxes are arranged in five rows: the top row has one box; the second row has two boxes; the third row has three boxes; the fourth row has two boxes; and the bottom row has one box. This layout is intended for ranking the phone control strategies from most effective at the top to least effective at the bottom.