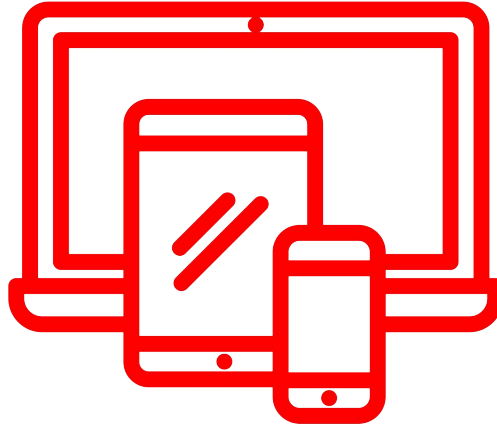
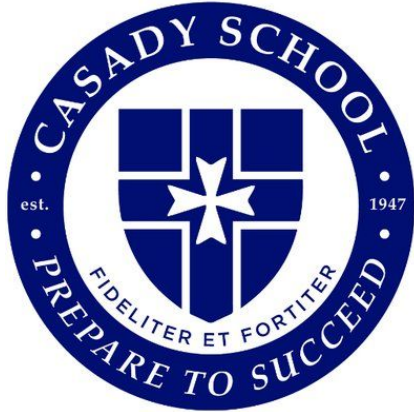


Screen time and Wellness



“Making time for What’s Important in Life”

A chapel talk for Lower Division
by Dr. Jeri Baucum-McKinney and Dr. Wes Fryer [@wfryer](#)

“Our Screentime choices”



YouTube

“All Screentime is NOT equal”



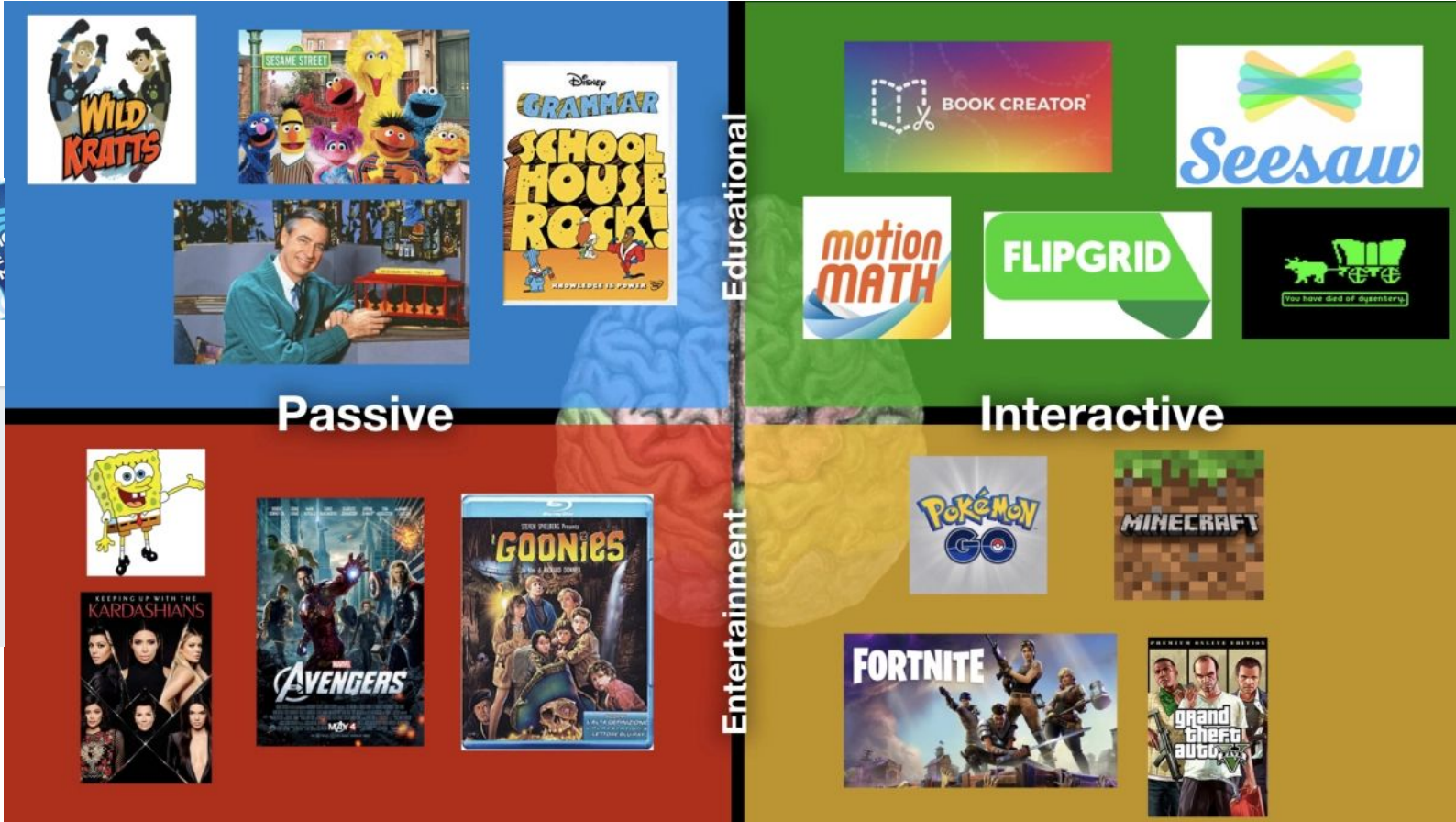
Carl Hooker

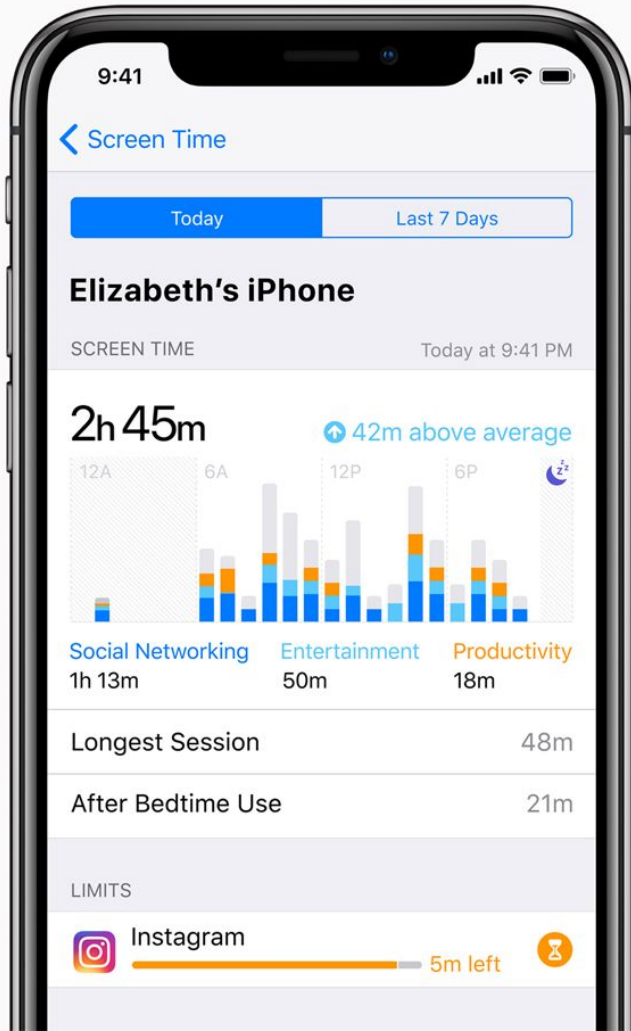
@mrhooker

Dir. of Innovation @EanesISD, Godfather of @TheLearnFest, Keynote Speaker, CEO of @SpeakerOI, Author, "Edupreneur", Texan, Dad of 3.
mrhook.it/speak

📍 Austin, TX

[@mrhooker](https://www.instagram.com/mrhooker)





What can we do?

5 Part Wellness Message: SPACE

Sleep 

Play 

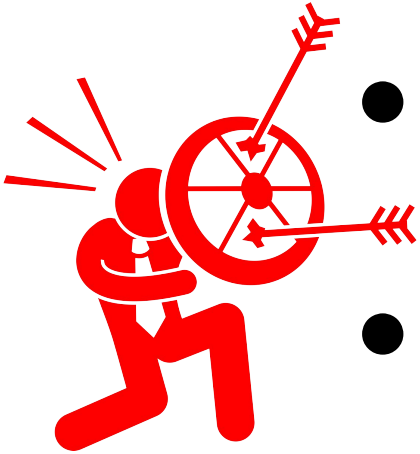
Attend 

Challenge 

Empower 

1. Sleep! Defend it!

- Protect your wind down time
- Keep electronic devices out of the bedroom
- Aim for 8.5-9.5 hours of uninterrupted sleep



2. PLAY: Be Active!



www.instagram.com/casadyhoops/

www.instagram.com/casadyhockey/





3.

ATTEND:

Guard

Your

Attention!

Ex-Googler slams designers for making apps addictive like 'slot machines'

Cadence Bambenek May 25, 2016, 5:38 PM

Tristan Harris, a former Google design ethicist and product philosopher, says smartphones are becoming like addictive slot machines — only they're sitting in billions' of pockets instead of in casinos. www.businessinsider.com/ex-googler-slams-designers-for-making-apps-addictive-like-slot-machines-2016-5



Wikimedia Commons



Tristan Harris ✓

@tristanharris

Co-founder, Center for Humane Technology. Former Google Design Ethicist. Let's address the global threat posed by runaway attention-maximizing technology.

San Francisco, CA

humanetech.com

Joined May 2007



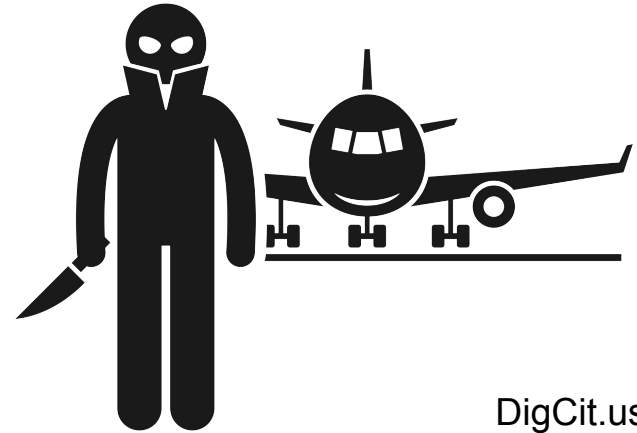
**Guard
your
attention!**

3. ATTEND!

Guard Your Attention...



- Brains can be hijacked / hacked
- Screen Addiction
- Manage Notifications
- **Be Present** ('professional courtesy' during lectures, meetings, etc.)



WIRED VIDEOS



video.wired.com/watch/yuval-harari-tristan-harris-humans-get-hacked



Yuval Noah Harari

@harari_yuval

Historian and bestselling author of Sapiens, Homo Deus and 21 Lessons for the 21st Century (out autumn 2018).

bit.ly/21LessonsOrder

ynharari.com

[@harari_yuval](#)



Tristan Harris ✓

@tristanharris

Co-founder, Center for Humane Technology. Former Google Design Ethicist. Let's address the global threat posed by runaway attention-maximizing technology.

San Francisco, CA

humanetech.com

[@tristanharris](#)

CULTURE | TECHNOLOGY

How Humans Get Hacked: Yuval Noah Harari & Tristan Harris Talk with WIRED

Yuval Noah Harari, historian and best-selling author of Sapiens, Homo Deus and 21 Lessons for the 21st Century, and Tristan Harris, co-founder and executive director of the Center for Humane Technology, speak with WIRED Editor in Chief Nicholas Thompson.

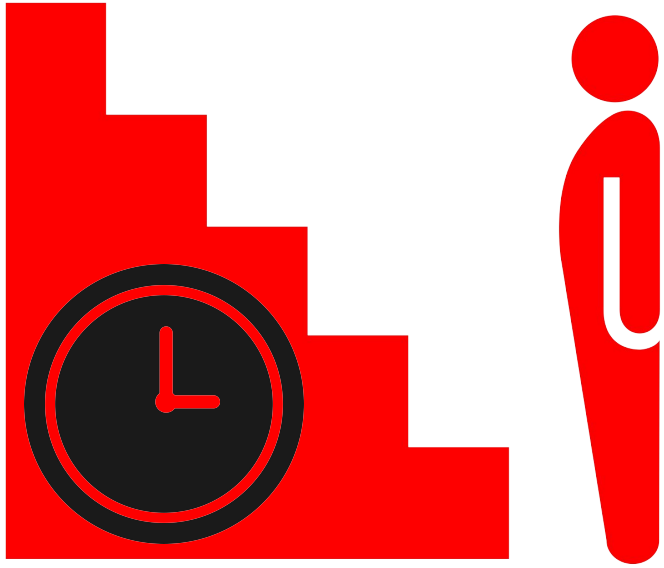
www.wired.com/story/how-to-use-screen-time-ios-12/

PIA CERES GEAR 09.25.18 07:00 AM

HOW TO USE SCREEN TIME CONTROLS ON IOS 12



4. CHALLENGE:






3 Hour Weekend
Family
ScreenTime Fast





5. EMPOWER Yourself!

- Password Manager **LastPass**...
- Phishing / Blackmail Attacks 
- Talk to trusted adults 
- Monitoring / Accountability 

When does
your **screen**
time get in the
way of **the life**
you want?



Photo by [Tim Collins](#) on [Unsplash](#)

5 Part Wellness Message: SPACE

Sleep 

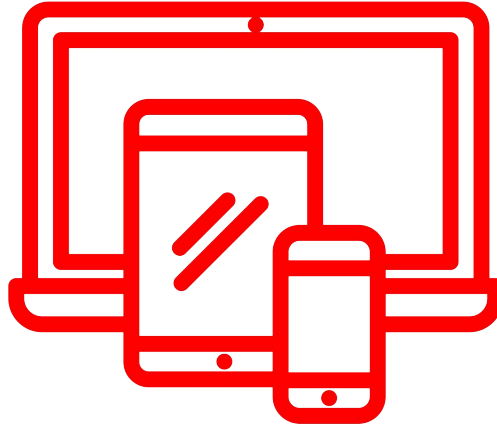
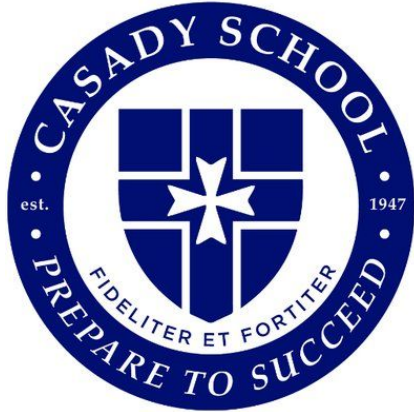
Play 

Attend 

Challenge 

Empower 

Screen time and Wellness



“Making time for What’s Important in Life”

A chapel talk

by Dr. Jeri Baucum-McKinney and Dr. Wes Fryer [@wfryer](#)