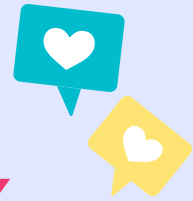


Big thank you to
slidesgo.com for
providing this slides
template!



Tech Use/ Academic Honesty/ AI/



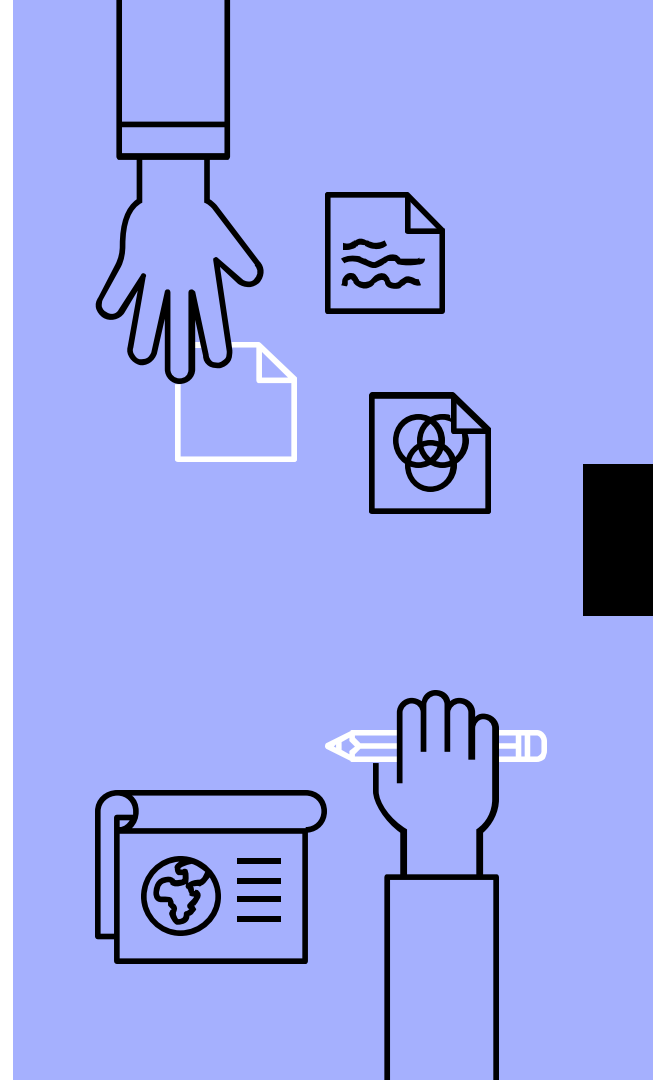
Richmond School District: Policy-10-G(A)

Acceptable Use of Student Personal Digital Devices

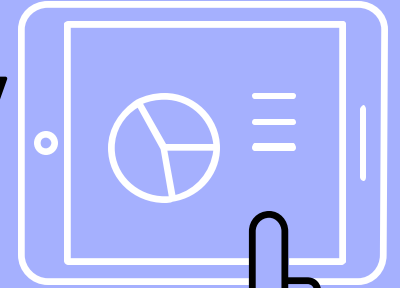
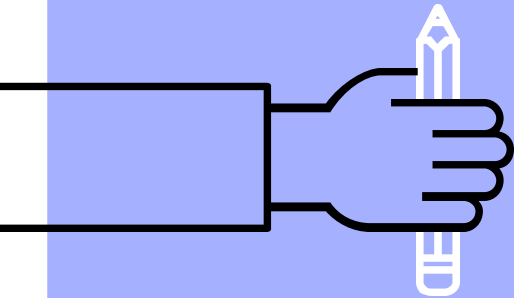
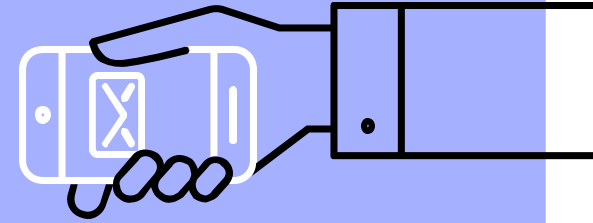
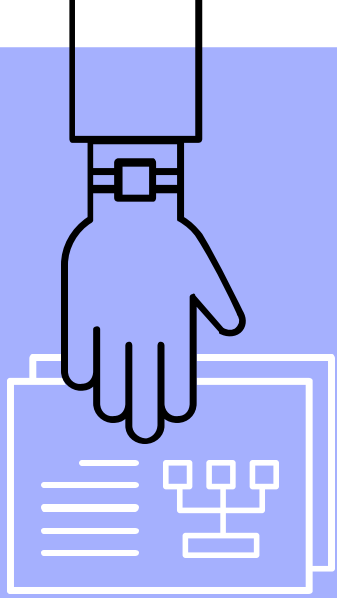
- Secondary School (Grades 8 to 12) Students should not use Personal Digital Devices during instructional time, unless permission is granted by the supervising staff for educational purposes.
- When not permitted, personal digital devices should be powered off, secured inside a student's backpack, locker or secured location.
- Personal digital devices are not to be used in areas where privacy is expected or required.
- Access to social media platforms from personal digital devices may be restricted on the school wireless network during instructional time.

Hmmmmmm....

- ▶ Thoughts?
- ▶ Why was this in put in place?



Part 1: The Wake-Up: How Technology Affects Us



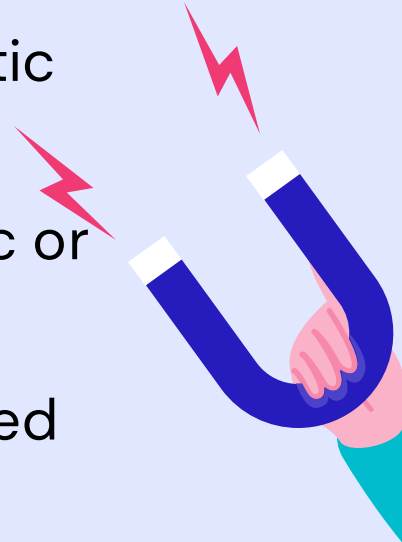
Smartphone Compulsion Test

- Developed by Dr. David Greenfield
 - Psychiatry professor at the University of Connecticut School of Medicine
- [link](#) to view questionnaire
 - If you don't have phone, think about ipad, laptop, etc.
 - Count up how many questions apply to you.



Smartphone Compulsion Test

- Test score interpretations
 - **1-2:** Your behavior is unproblematic
 - **3-4:** Your behavior is leaning toward problematic or compulsive use
 - **5-7:** It is likely that you may have a problematic or compulsive smartphone use pattern
 - **8+:** It is extremely possible that you are addicted to your phone

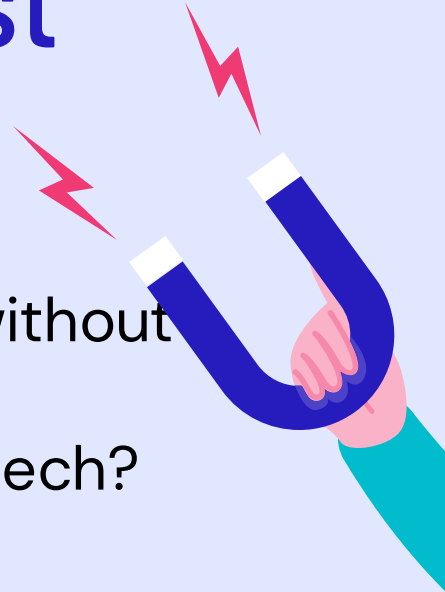


Smartphone Compulsion Test

- Most people fall under the 8+ category

Think about:

- how often you reach for your phone/tech without thinking?
- how much time you spend on your phone/tech?
- how you feel after using your phone/tech?



Spending Too Much Time on Tech Can:

01

Change the structure and the function of our brains

02

Hinder our ability to focus, think deeply and absorb what we read.

03

Social media contributes to lack of self-esteem, self image and impulsivity

04

Lead to sleep problems, anxiety, stress and depression

How Much is Too Much Screen Time?

- Shoot for less than 2 hours
- Most people underestimate their screen time by 100%
- Happy balance- real life moments with productive screen time
- How much time do you spend on your phone a day?
 - Phone settings
 - Digital Wellness
 - How much total time, and each app



Our Phones are Designed to Addict Us

- Hooked by design
 - 1,000 social media designers
 - attention & steal your focus
- Technology execs limit technology for their own children
 - Steve Jobs
 - Bill Gates
- Dopamine-pleasure in brains
 - Same thing over and over (checking phones)



On average, how many hours do people spend a day on their phones?

On average, how many hours do people spend a day on their phones?

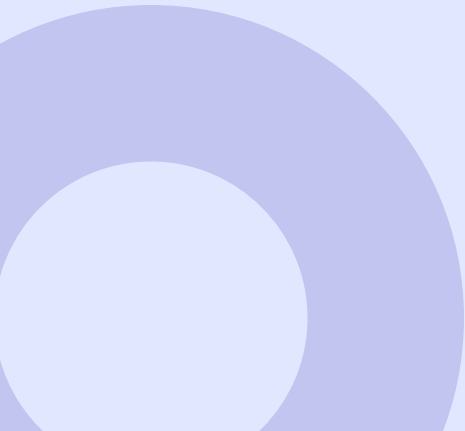
On average, people spend 4 hours a day on their phones-that amounts to 28 hours a week, 112 hours a month, or 56 full days a year

How many times a day do people check their phones?
How many times do you think people ages 18-24 check
their phones?



How many times a day do people check their phones?
How many times do you think people ages 18-24 check
their phones?

(People check their phones 47 times a day. 18-24 year
olds check 82 times a day. This adds up to more than 9
billion phone checks a day.)



What percentage of people report that they keep their phones near them “almost all of the time during waking hours.”



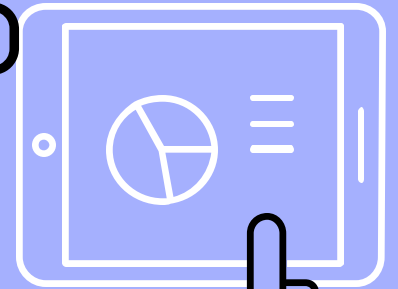
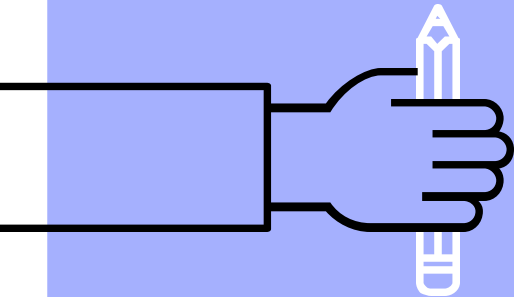
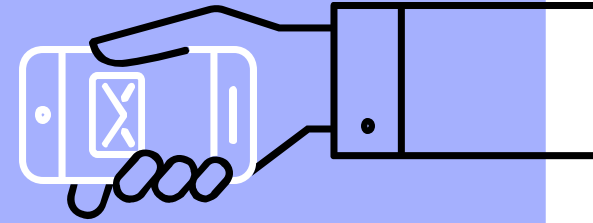
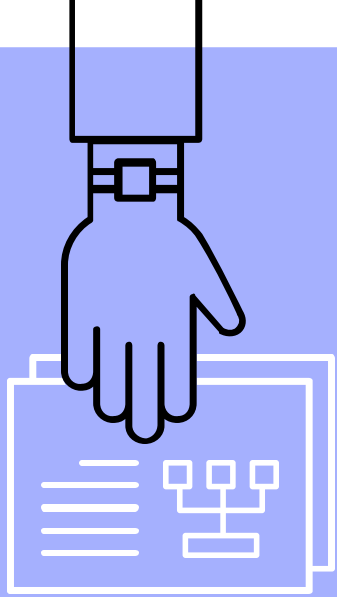
What percentage of people report that they keep their phones near them “almost all of the time during waking hours.”

(80% of people report they keep their phones near them “almost all of the time during waking hours)



Part 2:

Change habits to focus



Changing Your Habits

To Do #1: Tidying Apps

Categorize all of the apps on your phone into the following 4 categories:

- *Optional: Install app-blocking apps*
- Category #1: Tool Apps
 - Improve your life without stealing your attention
 - *Examples: maps, weather, camera, password manager, calendar, tasks ...*
 - Only these apps allowed on your home screen
- Category #2: Utility Apps
 - 2nd screen: *Examples: Find my iPhone, etc.*
- Category #3: Junk Food Apps
 - 3rd screen and/or delete: *social media, news apps, shopping apps, games*
- Category #4: Clutter Apps
 - Delete: Never actually use
 - *Example: The QR reader I installed in 2012 and haven't looked at since*

Change Your Habits

To Do #2: Rethink Your Social Media (Select either option A or B)

Option A: Delete Social Media Apps (Not Your Account) From Your Phone

- It's reversible
- Check through your phone's internet browser instead of on an app
- "password manager" app that stores your passwords

Option B: Customize Your Notification Settings on your Social Media Apps

Tiktok, Instagram, Snapchat, etc: What & How

Change Your Habits

To Do #3: Keep your Phone on Silent & Do Not Disturb, especially during class time!

- “Do Not Disturb” direction link for your phone.
- features on “Do Not Disturb” so only important people can get through

To Do #4: Use a timer

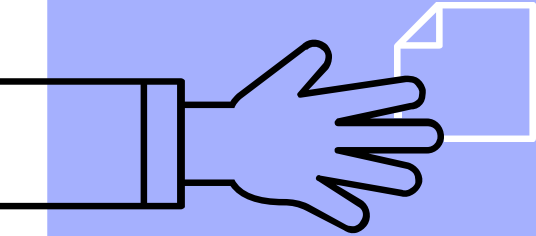
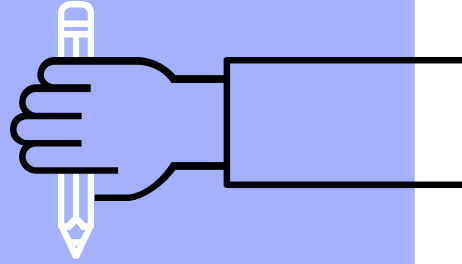
To Do #5: Change Where You Charge it

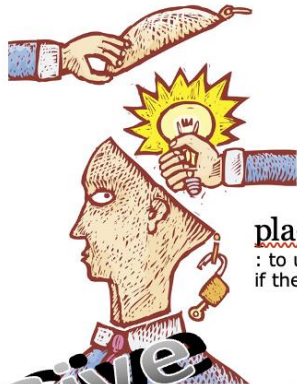
To Do #6: Establish No-Tech Zones



Academic Honesty

And what about Artificial
Intelligence?





plagiarize *verb* \plā-jə-rīz also -jē-ə-\
: to use the words or ideas of another person as if they were your own words or ideas.
(from "plagium" – kidnapping)

GIVE PROPS

**Ideas
Quotes
Pictures**



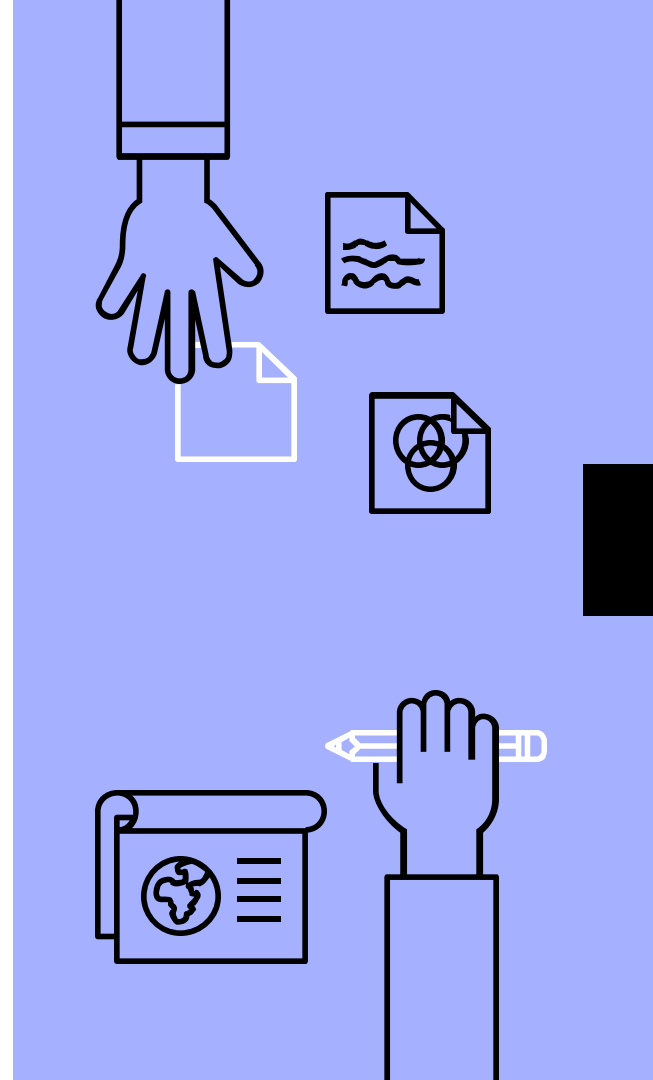
What about AI?

▸ Concerns:

- Abuses
- Bias & Misinformation
- Environmental Impact
- Ethics
- Plagiarism

▸ Think about:

- Consent
- Understand algorithms
- Mitigating damage
- Ideas
- Consequences



**Would you let your
teacher or trusted adult
know? Why or why not?**

