

## Technology Break

At Staples, we KNOW that technology is great! Why else would we have BYOD, anyway? Research is easier, communication with teachers and collaboration with classmates is a breeze; putting together professional looking presentations...a cinch; and let's face it, there's more entertainment out there than anyone could watch in a million homework free weekends! What's not to love? Well, here's the downside...

1) Multitasking is a MYTH. When you're on your device, you don't notice what's happening here and now, so if you are around friends and family while you're texting/looking at Facebook/posting on Instagram/following Twitter... you're not really present. When you're jumping from one thing to the next, you're not able to give anything the attention it deserves AND you're missing out on what's happening between you and the people who are physically there with you. Even if nobody calls you out on it, you're being rude!

2) We all know that we can't believe all that we see on social media, but it's easy to forget that people nearly always put their most beautiful, social, happy-looking selves out there. People create their online personas—some work VERY hard at that—crafting fictionalized versions of their real lives. Nobody looks like that all of the time; nobody really has that much fun...that's not sustainable and, actually, it would just be weird.

3) So, let's say you follow hundreds of "friends" on social media. Odds are that, on any given day, maybe just 5% of them are actually doing something that could be made to look exciting, so they post it for all to see. The net effect of viewing their posts—and with that many "friends," this might mean several dozen of them—is that it looks like EVERYONE is out having fun without you! However, that's just not true; don't forget that.

So this Thanksgiving weekend... let's experiment, Staples. What will it feel like to take one step back from texting and social media? You've got no homework, anyway, and you probably have plenty of friends and family around. So, try turning it all off for any 24 consecutive hours of your choosing, and challenge your parents to try it too.

And while you're at it, most importantly, please take time to consider all that you have to be thankful for and share your gratitude with others. Take a day to enjoy "real" life...and let's talk about it after!

*The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.*

[shs.westportps.org/departments/guidance/staples-resilience-project](https://shs.westportps.org/departments/guidance/staples-resilience-project)