

Wednesday Curlee

Lind Ritzville FCCLA

**Lind Ritzville High School
Ritzville, Washington**

**Digital Stories for Change
Level 2**

**Digital Addiction in Teens:
Why and How to Avoid it**

Wednesday Curlee

Lind-Ritzville High school

Project Summary

The overall summary of the video, “Digital Addiction in Teens, Why and How to Avoid it”, is about how a teenager's life is affected by the overuse of social media, why it's something that needs action to be taken, and how to take said actions. The purpose of this project is to reach a specific audience of teens and adults to educate them about the worries of digital addiction to prevent the worsening of future issues concerning career, schooling, and even physical issues.

This video specifically relates to the community resources between others in families or with friends, to help solve a problem that could improve the overall environment within those communities. With everyone spending less time on their phone and focusing more on activities that have a positive impact on their physical or mental health, there would be more positive moods, being able to focus throughout the day, participation in extracurricular activities, and maybe even more communication within teenagers and adults.

Researchers have expressed this through graphs, charts and interviews of teenagers. The reason why it's an issue in the first place is because of the fact that a huge chunk of teenagers spend over 4 hours of time on the internet, which is most of the day time after school, even if it's before school it's recommended that use of the internet stays below 4 hours.

Fwd: 2025-2026 STAR Events Online Project Summary Form

1 message

WEDNESDAY CURLEE <wedcurle@lr-students.org>

Thu, Jan 29, 2026 at 11:33 AM

To: Donna Koch <dkoch@lrschools.org>

----- Forwarded message -----

From: **FCCLA** <noreply@registermychapter.com>

Date: Thu, Jan 29, 2026 at 11:29 AM

Subject: 2025-2026 STAR Events Online Project Summary Form

To: <wedcurle@lr-students.org>

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your adviser verify by signing and dating below for inclusion in a display, file folder, or portfolio. **One survey per entry is required.**

Chapter Name: Lind Ritzville High School FCCLA - 12151

State: Washington

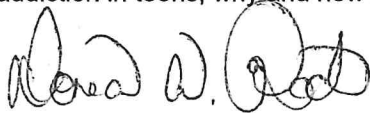
Members: Wednesday Curlee

Event Name: Digital Stories for Change

Level: Level 2 (grades 9 and 10)

Project Title: Digital addiction in teens, why and how to avoid it

Adviser's Signature _____



Date _____

January 30, 2026

Works Cited

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DeAngelis, Tori. “Teens Are Spending Nearly 5 Hours Daily on Social Media. Here Are the Mental Health Outcomes.” *American Psychological Association*, 1 Apr. 2024,

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