Try this out! When you find yourself "sucked-in" when you are using your device, come up with a strategy to move on to something else. For example set a timer, commit to only 5 more scrolls/clicks.

Discuss after: Did your strategy work? Was it helpful? Will you use that strategy again? How do you feel when you are "sucked-in" versus when you are intentionally using your device?

Try this out! Find a video clip online that makes you smile or laugh. Share it with your partner.

Discuss after: How did it feel to watch together?

Try this out! Make a list of people who you talk with mostly in person and then make a list of people who you talk with mostly online/through a device.

Discuss after: What are the advantages of communicating with people in person? What are the disadvantages? What are the advantages of communicating with people digitally? What are the disadvantages?

Discuss: Do you use location sharing with your friends and/or family? Why or why not? Who do you share your location with? Think of one time when location sharing was helpful. Think of one time when location sharing got you or someone else in trouble.

Try this out! Put your phone away an hour before bed. Try this for two straight days.

Discuss after: What did you notice? Was it easy or challenging?

Try this out! Scroll through your photos on your device and reflect on what photos you would share with others and which photos you wouldn't.

Discuss after: Reflect on what makes a picture worth sharing. Why are some private and why do we share some?