



How LookUp.live youth are addressing and responding to their Digital Lives:

"I've realized that social media mostly takes away from everyday life." ~ Student, Piedmont High

Data on Teens' Digital Lives	Student LookUp Challenge Testimonials
Stress and Social Media Stress is a complicated and dynamic physical and emotional response, and is difficult to measure, but we do know the pressure to post on social media correlates to teen stress	Strategy: Cold Turkey - Take a week-long break from all social media <i>"I went on a hike with my friends, and it was awesome. I got to experience nature and not worry about having to show everyone else I was there."</i>
Depression & Social Media Teens who spend more time on screen activities are more likely to be unhappy, while those who spend more time on non-screen activities are more likely to be happy. (Jean Twenge, iGen)	Strategy: Social Butterfly - Take a break from social media for a week when you are with friends and family <i>"I think in general if you're talking with your friends most people don't think it's cool to be on the phone because then it feels like you're not paying attention to them"</i>
Sleep & Digital Distraction Of those with devices in their rooms, 36% of teens wake up to check their devices. (Common Sense Media, 2019) Sometimes a sleep-deprived teenager will appear just like they have anxiety, clinical anxiety, clinical depression and it's sleep. (Leslie Walker-Harding, Md, Seattle Children's Hospital)	Strategy: Sleeping Dog - Sleep with your phone charging in the other room and buy a physical alarm clock <i>"I was getting a lot more sleep and less anxious."</i> <i>"Not having my phone before bed helped me retain information better. Because If I study right before I went to sleep, the information stuck in my brain"</i> <i>"I'm going to continue to sleep with my phone away from me, as I'm much more well-rested."</i>
Academic Pressure & Digital Distraction 75% of high school students and 50% of middle school students reported "often or always feeling stressed" by their schoolwork (Challenge Success)	Strategy: Busy Bee - Take a break from your phone and social media while completing homework and studying <i>"I felt like the quality of my homework was just better."</i> <i>"I felt really productive and I didn't realize how much time I spent on my phone."</i>

*Source: LookUp.live post LookUp Challenge survey. Students at Piedmont and Millennium (CA) High Schools recently took LookUp Challenge, a weeklong multi-level program challenging students to reduce their screen time. Learn more at www.LookUpChallenge.com or www.LookUp.live

