

FACING YOUNGSTERS' MOBILE ADDICTION
THROUGH AN INNOVATIVE
TECHNOLOGICAL APP



youngmob.eu

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TOOLKIT:
ESTRATEGIES IN ENGLISH

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ENGLISH

GREEN PROFILE- No risk of addiction PROACTIVE ATTITUDE	YELLOW PROFILE - Potential risk of addiction PREVENTIVE ATTITUDE	RED PROFILE - High risk of addiction HEALING ATTITUDE
<p>Don't waste your time and remember to turn off notifications.</p> <p>Don't forget to turn off your phone at night, it needs rest too.</p> <p>When it's time to eat, charge your phone - it needs to be fed too!</p>	<p>Don't waste your time and remember to turn off notifications.</p> <p>Don't forget to turn off your phone at night, it needs rest too.</p> <p>When it's time to eat, charge your phone - it needs to be fed too!</p> <p>When you are outdoors, do you mainly pay attention to the physical environment around you or to your mobile phone?</p>	<p>Don't waste your time and remember to turn off notifications.</p> <p>Don't forget to turn off your phone at night, it needs rest too.</p> <p>When it's time to eat, charge your phone - it needs to be fed too!</p> <p>Use your mobile phone only when it is safe to do so.</p>
<p>When you are on the street, observe what is going on around you (nature, colours, the sound of birds), there are always new things to appreciate. Think about the benefits of time spent indoors and outdoors offline.</p> <p>Have you noticed that accidents sometimes occur due to risky mobile phone use?</p>	<p>Use your mobile phone efficiently to organise your time away from home.</p> <p>Would you say it is wise to use a mobile phone when you could endanger someone?</p> <p>When walking along a busy street, use your mobile phone only when necessary, e.g. to take pictures of your surroundings.</p> <p>Do you lose sleep when you are with your friends or family to spend time on your mobile phone?</p>	<p>Organise your free time with the help of your mobile phone.</p> <p>Use your mobile phone only when you are not endangering anyone else.</p> <p>While walking on the street (in heavy traffic), do not use your mobile phone.</p> <p>While taking a selfie, pay attention not to put yourself in danger.</p>
<p>When walking along a busy street, it pays to pay attention to your surroundings.</p> <p>Invite your friends or family to an activity and ignore your mobile phone.</p> <p>Imagine what you could do if you didn't spend so much time on your mobile phone.</p>	<p>Are your results at school being affected by the time you spend on your mobile phone? Turn off your phone and focus.</p> <p>What kind of physical exercise do you do, especially when you spend a lot of time on your mobile phone?</p> <p>Do you eat normally when you use your mobile phone?</p>	<p>Do you have difficulties in maintaining relationships because you pay too much attention to your mobile phone?</p> <p>Don't use your mobile phone while studying, it will help you pass your exams.</p> <p>Exercise regularly instead of using your mobile phone.</p>

	Are you fully focused on doing your physical exercises, without using your mobile phone?	Try not to skip meals when using your mobile phone (especially when you are home alone).
Try to do some physical exercise, you will feel more energetic.	This weekend I encourage you to do sport with family or friends - enjoy the weekend!	Don't focus on your mobile phone while doing physical activities.
A regular diet and habits will help you feel good.	See how much time you have spent in front of a screen today.	You are the master of your time. You control your mobile and not the other way around.
Physical activity is very important for your development.	Have you ever felt pain in your eyes or muscles? Try to reduce your time on your mobile phone. Do you do relaxation exercises?	The mobile phone should not be a priority for you. You have other things that are probably more important. Don't get carried away by your mobile phone and put the brakes on it before you get into trouble.
This weekend, encourage your family to take a walk in nature.	Do you encourage family or friends to join you in your physical activities?	Dependence on anything, including mobile phones, is unhealthy.
Pay attention to your mind, to what you think.	Would you say it is good to use a mobile phone "just because"?	Lack of physical activity indicates an inactive lifestyle.
Encourage your family and friends to be active.	Do you feel obliged to reply to messages immediately? It is not necessary to reply immediately. Try not to use your mobile phone for longer than you originally intended.	Try to use your mobile phone when you have a clear purpose for using it. Reply to mobile phone messages when you find the right moment.
It is important that you have, as far as possible, time for yourself when the mobile phone is not needed.	It is important that you get a good night's sleep, without unnecessary distractions such as using your mobile phone at night.	Do not use the mobile phone for longer than initially planned.
It is important to distinguish what is most important to you and what you can do.	Try to use the Internet with your mobile phone only when there is an important reason to do so.	If you happen to use your mobile phone at night, do so very exceptionally.
Quality time off fills you with a lot of energy.	Think of all the joys - apart from the mobile phone - you can have in the morning. Do you think it would be convenient to spend all your free time on your mobile phone?	Don't surf the Internet with your mobile phone for no reason. Don't look at your mobile phone as soon as you get up, try to take at least 1 hour to do so.

<p>Getting a good night's sleep helps you rest your brain for school and other tasks.</p> <p>Use the free time you have during the day in a reflective way.</p> <p>Enjoy the morning by being aware of your surroundings.</p>	<p>Clean up your apps: think about which ones you use the least and delete them. This way you will avoid receiving notifications that do not interest you.</p> <p>Turn off notifications, especially when you need to concentrate on something and your phone can be a distraction. Also do this at night when you go to sleep.</p> <p>If you need to concentrate on a particular task, silence your mobile phone and put it in a drawer while you are doing it and until you have completed an important part of it.</p> <p>Think of "mobile-free" places, such as the bathroom or bedroom.</p>	<p>Don't spend most of your free time playing with your mobile phone.</p> <p>Set your own timetable for mobile phone use: preferably not in class, at night, or with your friends and family.</p> <p>Limit the times when you look at your mobile phone, play games or check social networks.</p> <p>Try to look at your mobile phone after meals, when you have finished.</p>
<p>You are doing very well, are you encouraged to maintain or reduce the time you spend on your mobile phone over the next 3 days?</p> <p>The time you spend with your colleagues, friends and family is of high quality without distractions.</p> <p>During meals, it is worth taking the time to talk to the family.</p>	<p>Use your mobile in the right way, you'll get more out of your time and enjoy life more.</p> <p>You check your mobile phone every 5 minutes, can't wait for an hour or more?</p> <p>I challenge you not to use your mobile phone for more than 2 hours this week, can you do it?</p> <p>A little reading before bedtime will help you rest.</p>	<p>Don't take your mobile phone into the bathroom or bedroom.</p> <p>Putting the mobile phone in a drawer or leaving it in another room to charge can help reduce the anxiety of wanting to consult it.</p> <p>Don't check your mobile phone every 5 minutes, check it every hour or more.</p> <p>Progressively reduce your mobile phone use. Your new goal for today is to use your mobile phone 30 minutes less.</p>
<p>Own your time and use it for non-mobile activities.</p> <p>Congratulations! You have used your mobile phone for an average of XX hours/minutes.</p> <p>Well done! You don't use your mobile phone much.</p>	<p>Encourage your family to spend some fun time playing a board or card game.</p> <p>Create your mobile-free day.</p> <p>Do not use your mobile phone in the first 30 minutes of the day.</p>	<p>Don't use your mobile phone for more than 2 hours this week, you can do it!</p> <p>Encourage a friend or sibling to use their mobile phone less like you - it's easier with friends!</p> <p>I challenge you to use your mobile phone 2 hours less this week.</p>

	In what situations do you forget your mobile phone?	Celebrate your achievements and give yourself a reward, a movie with popcorn, a hamburger for dinner...
<p>After dinner, read a book, you'll rest much better!</p> <p>Do you have any plans for Friday? A bike ride or a game of basketball with your friends is always fun!</p> <p>Today, instead of playing with your mobile phone, try to make someone close to you happy without using your mobile phone!</p>	<p>How much time do you spend on your mobile phone without doing anything relevant?</p> <p>What are your hobbies? Try to find out in which hobby the mobile phone can be most useful.</p> <p>Use mobile apps to find your own interests.</p>	<p>Evaluate your progress to maintain your willpower and make all this work count for something.</p> <p>Discover a new activity that does not require the use of a mobile phone (e.g. sports, drawing, reading, meeting friends). If your mobile phone is your best friend, you run the risk of being alone when you need help. Make the most of your time, don't waste it using your mobile phone.</p>
<p>With your hobbies you strengthen your physical and mental capacities. It is important to diversify your activities.</p> <p>Discovering your true interests is the best guarantee for making the right decisions about further studies.</p> <p>Try to pay attention to information that will support you in your daily life.</p>	<p>Don't you think it's problematic if you use your mobile phone to do all the calculations at school?</p> <p>Use your mobile phone effectively to develop and improve relationships with your peers.</p> <p>The best way to preserve memories is to use your memory, not your mobile phone.</p>	<p>Use your mobile phone effectively to pursue your hobbies.</p> <p>Use available applications to help you find your true interests.</p> <p>Try to distinguish between important and unnecessary information while using your mobile phone.</p> <p>Use your mobile phone to communicate with colleagues with whom you would like to work on school projects.</p>
<p>Developing social relationships with your peers is a very important experience.</p> <p>In today's technological society, it is very important to strengthen the memory, to keep the brain in shape.</p> <p>Strong concentration will help you solve many school and other challenges.</p>	<p>Use your mobile phone to learn, search for information or research a topic.</p> <p>Think of your ability to calculate, but without your mobile phone.</p> <p>Do you enjoy living with people of different ethnicities and cultures?</p>	<p>Don't use your mobile phone as a substitute for your memory.</p> <p>When doing tasks that require great concentration, do not use your mobile phone.</p> <p>Don't use your mobile phone while doing school work.</p>

		Do not use your mobile phone to do all the calculations.
Make good use of your mobile phone (e.g. you can look up information about your homework).	How do you spend your time on holiday? Do you go to summer camps?	Recognise when you are using your mobile as a defence, don't hide behind your mobile.
Spend your time on what is really worthwhile. Disconnect.	Have you ever collaborated in a social cause? Would you like to collaborate?	If you don't leave the comfort of your home, you will miss out on experiences that can enrich you.
Reward yourself and set a specific time of the day to do your reading of interest such as blogs, news, interesting videos...	Do you think you use your mobile phone too often while spending time with your friends?	Pay attention to what's going on around you. You can make a difference without using your mobile phone. Do not use your mobile phone when you are with your friends, only exceptionally.
It is important to respect people from different cultures and social strata.	Do you think you reach for your mobile phone too often when you are impatient?	It is important to use your mobile phone in urgent situations (calling for medical help, fire brigade, etc.).
It is important to participate in summer camps and student trips.	Think about whether you use your mobile phone too often when you are on holiday.	When you are on holiday, don't use your mobile phone.
It is important to participate in environmental or social causes.	Would you say you pay too much attention to your online friends versus real friends?	Don't spend too much energy and time growing your online friends list.
Developing good relationships with your friends is very important for your future life.	Do you think your mobile phone means more to you than your family and friends?	Make sure that your main daily emotion is not related to mobile phone use.
It is important to define for yourself what is urgent and important in your life.	Think about your priorities. People come first, don't they? The mobile can wait.	Try to spend more time with family and friends than with your mobile phone.
Holidays and days off are a time to be with your loved ones and to explore the new environment around you. Experience it.	Forget your mobile phone when you are with your friends. Make the most of your time and respect theirs.	Don't use your phone to constantly collect "likes".
It is important to be aware of who your real friends are.	Ask your family if they think you use your mobile phone too much.	Even if you feel impatient from time to time, don't pick up your mobile phone in such situations.
Find the daily emotions that are based on your inner desires and enjoy them fully.	Ask your friends if they think you use your mobile phone a lot.	Remember that you come first, so leave your mobile phone out of the routine until after breakfast.

<p>Family and friends should play a very important role in your life.</p>	<p>Ask your family to buy you an alarm clock: take your mobile phone off your bedside table, it will help you sleep better, you will avoid temptations?</p>	<p>Ask your family for help and monitor your usage time. They will help you set a schedule.</p>
<p>It is important what your family and true friends think and say about you; but, above all, what you yourself think about you.</p>	<p>Are there family rules on mobile phone use?</p>	<p>Understands and respects the rules of mobile phone use.</p>
<p>At mealtimes, enjoy your food and your family - turn off the screens!</p>	<p>Do adults set a good example when using mobile phones?</p>	<p>If you are aware of what is wrong, change it, do it differently!</p>
<p>At the end of the day, rest and take the opportunity to talk with your family about your day.</p>	<p>Can you put yourself in the shoes of others? Do you respect others?</p>	<p>To avoid conflict, empathy and respect are essential.</p>
<p>Tell your friends how you manage to make good use of your mobile phone.</p>	<p>Do you think you use your mobile phone effectively as a tool to help you find out what you do well?</p>	<p>Use your mobile to find out what you do well.</p>
<p>Family rules are important when they are understood and respected.</p>	<p>Use your mobile phone to participate in positive community or social events.</p>	<p>Use your mobile to discover what interests you most.</p>
<p>Good examples of people we respect are good examples to follow.</p>	<p>It's not essential to follow too many mobile trends, is it?</p>	<p>Use the mobile phone to actively participate in positive actions in the community or society (e.g. volunteering).</p>
<p>Respect and empathy are values that make you feel a better person.</p>	<p>Try to avoid looking at your mobile phone automatically when you are alone.</p>	<p>Do not look at your mobile phone whenever you are alone.</p>
<p>Discovering your true talents; what you are good at is very significant for your further education.</p>	<p>Worried about missing something important when you're not connected to your mobile?</p>	<p>Don't use your mobile phone to follow every possible trend on the Internet.</p>
<p>Knowing how to be alone without feeling lonely is a great quality to acquire.</p>	<p>Would you say your life is worse if you are not connected to your mobile phone?</p>	<p>If you are not constantly on your mobile phone, don't be afraid of missing something important.</p>
<p>It is not necessary to follow all the trends that appear in the media.</p>	<p>Do you have a habit of spending every spare moment using your mobile phone when you have no obligation?</p>	<p>Don't become obsessed with the desire to be part of every group, event or trend that is only virtual and therefore artificial.</p>
<p>Your existence as a living being and a young person is worth much more than any kind of technology.</p>	<p>Don't give too much importance to your virtual friends when it comes to shaping your self-image.</p>	<p>If you find yourself in a situation with no obligations, don't use your mobile phone always and quickly.</p>

<p>Having moments without obligations is indispensable to be able to listen to your own thoughts, feelings and desires. What is important is that you build your identity on real pillars, mainly on your capabilities and on the real people around you.</p> <p>Protecting your privacy is crucial for your emotional growth.</p> <p>Happiness is an ongoing process.</p>	<p>Do you pay enough attention not to share your privacy too much and too often via your mobile phone?</p> <p>Take time to meet your friends in the park.</p> <p>Are there times when your mobile phone saves you from boredom? Sign up for an activity, I'm sure you have a hobby.</p> <p>What makes you happy?</p>	<p>Don't try to reinforce your identity or image through virtual friends.</p> <p>Don't share your privacy through your mobile phone on social media.</p> <p>Nothing else you want to do? Find an activity that motivates you and replaces your mobile phone.</p> <p>Focus your boredom on other activities. Try to spend time on a hobby or meet up with friends to catch up.</p>
<p>We all deserve respect.</p> <p>Beauty is what we want it to be.</p>	<p>How do you react when others disagree with you?</p> <p>Do you think that ideas of beauty are universal, the same everywhere?</p>	<p>Don't delegate your happiness to others, do something to earn it for yourself.</p> <p>If you handle frustration badly, you may have a problem. If so, you need to fix it.</p> <p>Don't create profiles and images that don't correspond to the way you are. Learn to love yourself, respect yourself.</p> <p>Learn to love yourself, respect yourself.</p>