

Planning Process Summary Page

IDENTIFY CONCERNS



A problem that sparked my interest is the creeping trend of teens everyday being on a screened device. I notice this trend in those around me, whether at school or around town. This constant screen exposure takes a toll on mental health, contributing to increased anxiety, depression, and feelings of isolation. Social media creates unrealistic comparisons and a pressure to stay constantly connected, which can harm self-esteem. I believe we can help by educating teenagers on how prolonged screen time affects their mental well-being and encouraging healthier digital habits.

SET A GOAL



A goal I want to achieve is disconnecting teens from devices by doing productive activities that would be beneficial to their mentality. A target others could set for themselves is lowering their screen time. A couple of ways others may obtain a better mentality could be trying to learn a new skill, studying, or exercising. I am attempting to lower the time teenagers are on devices and increase the time spent doing something productive. I will work towards lowering the screen time of multiple classes within a two week span by a clear beneficial amount so they could replace that time as a healthier alternative.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



WHO: ~100 students, 1 class per grade, ~25 kids per class

WHAT: Competition among grade levels to reduce screen time

WHEN: During 2nd block (9:45-11:20) Jan. 21- Feb. 7 2025

WHERE: Southeast Bulloch High School, in four grade specific classrooms

HOW: Students will have a class incentive to win a Chick-Fil-A party for the grade specific classroom that documented the class with the lowest overall screen time.

COST: ~\$214.75 Chick Fil A party (25 students)

RESOURCES: Students at Southeast Bulloch High School, food, FCCLA Adviser, HOSA Adviser

ACT



We went into different classes, one of each grade level. We handed the students slips that contained questions about individual current daily screen time. We went 2 times a week for 2 weeks, Jan. 21- Feb. 7 2025. Using the data gathered, we were able to determine average screen time among teenagers across all grade levels. We educated students about the detrimental effects being on screens and social media has on mental health. We highlighted the positive effects physical activity can have on individuals without using a screen. At the end of the two-week period, we asked randomly selected students what they did in their newfound free time and how they felt being off social media.

FOLLOW UP



In the future, I would like to reach out to more students in middle school and other high schools in my community. By explaining the detrimental effects of screen time to younger students, I believe that I can help decrease screen time.