

CRITICAL THINKING DIGITAL DETOX

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **THINK ABOUT HOW OFTEN YOU USE YOUR SMART PHONE OR TABLET WHEN YOU'RE VISITING SOMEWHERE OR WHILE YOU'RE ATTENDING AN EVENT.**

How many times do you experience things through your phone instead of actually being present?
Why do you think this behavior has become so common?

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2. **RECALL THE VARIOUS REASONS WHY MIKE BELIEVES SO MANY OF US ARE "... LIVING LIFE JUST FOR THE INSTAGRAM PHOTO."**

How often do you find yourself filtering and/or posting a photo or video on your social media for one or more of these reasons?
Do you feel that your online persona accurately portrays who you actually are in real life? Why or why not?

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3. **MIDWAY THROUGH THE EPISODE, MIKE SAYS THAT HE BELIEVES THAT MUCH OF OUR ONLINE BEHAVIOR STEMS FROM THE FEAR THAT "... WHO WE ACTUALLY ARE ISN'T ENOUGH."**

When have you "filtered" your true self either online or in-person out of this fear of rejection?
Is it more important to you to sacrifice who you are in order to be accepted or to be yourself and take pride in who you truly are? Discuss your reasoning with a classmate.

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4. **THINK ABOUT MIKE'S "DIGITAL DETOX" CONCEPT AND THE BENEFITS THAT CAN COME FROM TEMPORARILY DISCONNECTING YOURSELF FROM THE ONLINE WORLD.**

What would a digital detox look like for you? What would your life be like if you temporarily "unplugged?"
Challenge yourself to take a digital detox for as long as possible, starting now.

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