

Taking a Techno-Break

Concerned about the effects of media on their well-being, six youth between the ages of 13 and 17 participated in a study that required them to fast from Internet-connected devices for seven days.

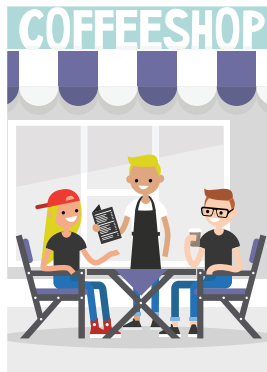
Study results courtesy of Valerie Steeves, researcher, University of Ottawa.



6 youth + 7 day media fast



INITIAL THOUGHTS



DURING THE FAST



AFTER THE FAST

Worried



This is going to be bad.

Difficult

Nothing to do, I would be super bored.



Well, it's kind of annoying but not too bad.

Read a lot more

Hung out with friends in person.



Thought deep thoughts

It felt good not to worry about social media.



I'll use it differently now.

When I am bored, I will go outside and actually have fun.