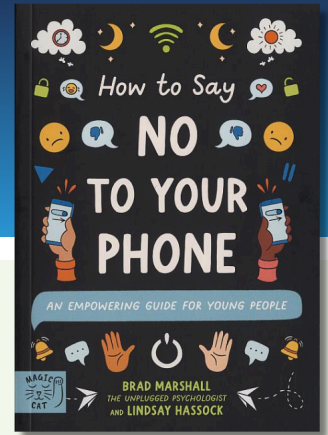




# BOOK TALK CARDS



## THEMES:

Communication • Technology  
Mental health

## How to Say No to Your Phone

By Brad Marshall,  
Lindsay Hassock and  
Lauriane Bohémier

Two psychologists share their insights on how children can unplug from technology, build a better relationship with their phones, and develop healthy habits.



### OUR THOUGHTS

“Covering the addictive nature of social media and the importance of getting away from screens for our mental and physical health, this is a thoughtful, enlightening and essential read for teens and adults alike.”

## TIME TO TALK

- 1 How can Smartphones and technology be rewarding or useful in our lives?
- 2 A smartphone is a useful tool, but how can technology and social media negatively impact your mental health?
- 3 What impacts do you think screen addiction could have on your friends, family and society as a whole?
- 4 What are your thoughts on the statement *'Smartphones are causing more harm than good in the hands of young people'*?
- 5 Do you think you use your phone too much? How long can you go without checking your phone? How many hours a day do you think you spend on your phone?
- 6 In what ways can you create new habits and limit your screen time?
- 7 Why is getting a good night's sleep so important? How do you think a person's sleep can be improved?
- 8 What are your favourite activities/hobbies to do away from your screens?
- 9 What do you like to do to unwind and relax? Are there any tips from the book that you would now like to start to do?

## TAKE THE TEXT FURTHER WITH OUR TOP 5 TITLES TO CONTINUE THE THEME:

