

Smartphone Smarts: Guide to Healthier Scrolling Habits

Handout 1

What's the Problem with Excessive Smartphone Use?

Research shows those on their phones excessively are more likely to experience depression, anxiety, or other health impacts.

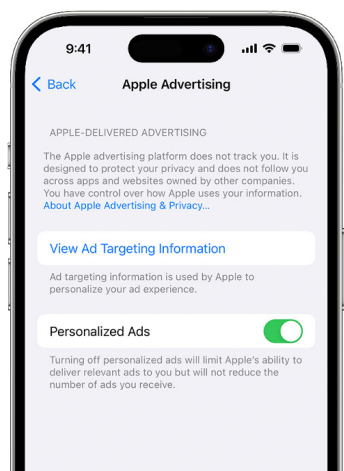
Exposure to Negative or Problematic Content

1. **Dis- & Misinformation:** False, inaccurate, or misleading information

What to do? Increase your media literacy. Fact check before sharing. Search trusted, research based, unbiased sources.

2. **Targeted advertising**

What to do? Turn Ad privacy features on or off on.



Turn Ad privacy features on or off on Apple/iOS Device (see left)

Turn Ad privacy features on or off on Android Device: Here's how you navigate to your ad privacy settings.

1. On your Android device, open Settings.
2. Tap Google > All services.
3. Under "Privacy & security," tap Ads > Ads privacy.

3. **Dissociation and Doomscrolling: coping strategies when overwhelmed**

What to do? Set a timer. Get up and walk around. Find a book to read or a craft project such as drawing, knitting, crochet, or make a card to send someone.

4. **AI-Generated Content & Bots: Artificial Intelligence Generated**

What to do? Think through what you see to identify AI information.

5. **Scam calls, texts, and messages**

What to do? Let unknown calls go to voicemail. Be aware of common scams. Do not provide your name or personal information. Do not send gift cards or money. Be aware to avoid Romance Scams.