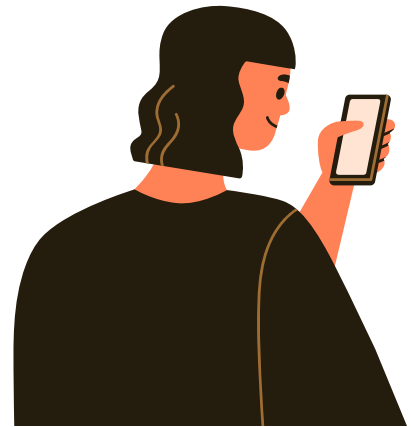


Smartphone Smarts: Guide to Healthier Scrolling Habits

Handout 2

Healthier Scrolling Habits

1. Turn off non-essential notifications.
2. Turn ON filters for spam calls and text messages.
3. Set timers and screentime limits for activities you use for distraction such as social media or games.
4. Avoid screens at bedtime and just after waking in the morning.
5. Curate your social media. Be intentional about what you follow, share, and post to create a feed that's positive and valuable for you.
6. DON'T click on links in text messages, emails, social media posts, or direct messages that you do not recognize or that come from unknown numbers.



Resources for More Information

- How to Stop Unwanted Calls: <https://consumer.ftc.gov/features/how-stop-unwanted-calls>
- How to Spot a Phone Scam: <https://www.aarp.org/money/scams-fraud/phone/>
- Arkansas Attorney General's Office: Common Scams: <https://arkansasag.gov/divisions/public-protection/common-scams/>
- Texas A & M University Library: Understanding & Spotting False News: <https://tamu.libguides.com/falsenews>