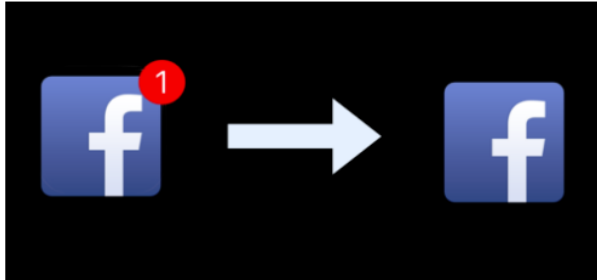


Take control of your phone.

Try these simple changes to live more intentionally with your devices right now.



Turn off all notifications except from *people*.

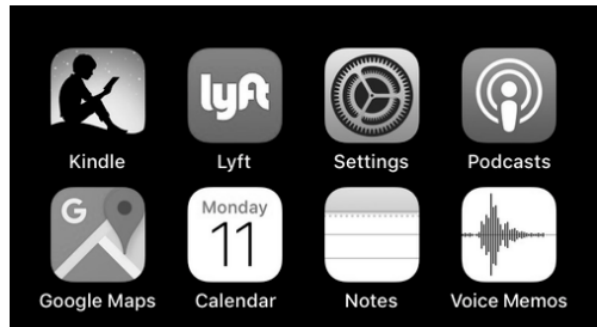
Notifications appear in RED dots because red is a trigger color that instantly draws our attention. But most notifications are generated by machines, not actual people. They keep our phones vibrating to lure us back into apps we don't really need to be in.

Visit **Settings > Notifications** and turn off all notifications, banners, and badges, except from apps where *real* people want your attention; e.g. messaging apps like WhatsApp, FB Messenger, Signal, Telegram, WeChat etc.

Go Grayscale.

Colorful icons give our brains shiny rewards every time we unlock. Set your phone to grayscale to remove those positive reinforcements. It helps many people check their phone less.

Go to Settings > General > Accessibility > Accessibility Shortcut (bottom) > Color Filters. This allows you to quickly *triple-tap* the home button to toggle grayscale on and off, so you keep color when you need it.



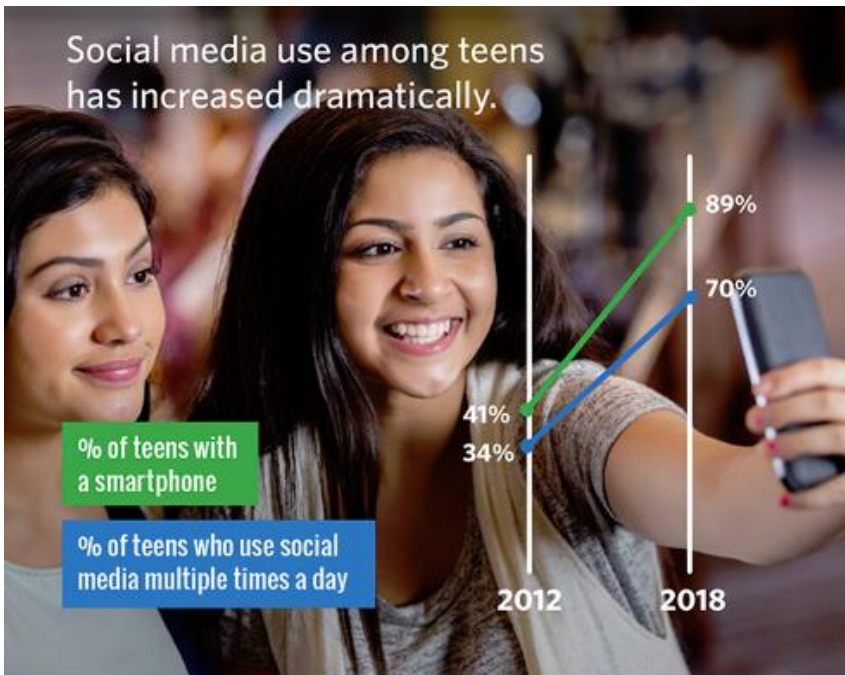
Charge your device outside the bedroom.

Get a *separate* alarm clock in your bedroom, and charge your phone in another room (or on the other side of the room). This way, you can wake up without getting sucked into your phone before you even get out of bed.



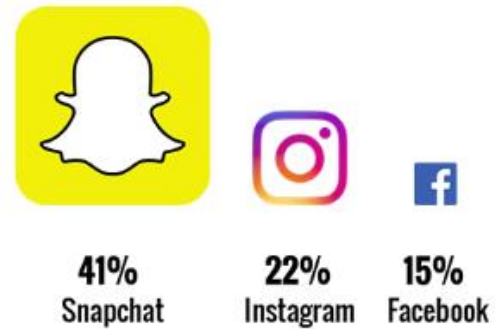
For more helpful tips on taking control of your phone, please visit:

www.humanetech.com/takecontrol/



Teens overwhelmingly choose Snapchat as their main social media site.

Percent of teens who say they use each social media site the most:



They're being distracted from other important things and their friends.



57%

of all teens agree that using social media often distracts them when they should be doing homework.



54%

of teen social media users agree that it often distracts them when they should be paying attention to the people they're with, compared to 44% in 2012.



29%

of teen smartphone owners say they've been woken up by their phones during the night by a call, text, or notification.

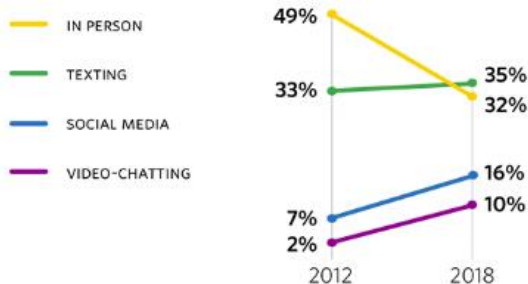


42%

of teens agree that social media has taken away from time they could spend with friends in person, compared to 34% in 2012.

Teens don't value face-to-face communication with friends as much as they used to.

Teens favorite way of communicating, 2012 vs. 2018



SOCIAL MEDIA, SOCIAL LIFE: TEENS REVEAL THEIR EXPERIENCES, 2018

What happens online stays online.

When asked to pick which comes closer to the truth, teens say:

54% If parents knew what actually happens on social media, they'd be a lot more worried about it.

46% Parents worry too much about teens' use of social media.

www.common sense.org/social-media-social-life-2018

For additional valuable information, facts and figures about social media use among teens, please visit:

www.thelikemovie.com/resources-common-questions/ & www.common sense.org/social-media-social-life-2018