

Two Days With No Phone
Experts worry that teens taking a break from their phones could be a good idea. Could you survive for 48 hours? Our volunteers did!

IN ONLINE TOOL KIT, CLICK HERE FOR ARTICLE

COMMON CORE TOOL KIT #1

Lesson Plan: Citing Text Evidence

Use with “Two Days With No Phone,” pages 4-6, and “Teens and Texting,” page 24

COMMON CORE ANCHOR STANDARDS FOR THIS LESSON:

Reading: 1, 7

TIME ALLOTMENT:

40 minutes

OBJECTIVE:

Students will cite text evidence in their responses to text-based questions.

MATERIALS:

- *Scholastic Action* magazine—September 2, 2013, issue
- Reproducible, page T3 from this Teaching Guide
- Online Tool Kit #1: Go to www.scholastic.com/actionmag; click Teaching Resources

CLICK TO PLAY!

IN ONLINE TOOL KIT, CLICK HERE TO PLAY INTERACTIVE TEXT-EVIDENCE GAME

PREPARATION

- For the online Tool Kit, go to www.scholastic.com/actionmag; on the home page, click the orange “Teaching Resources” button.
- Photocopy page T3 from this Teaching Guide.

PROCEDURE

15 minutes: Read “Two Days With No Phone” as a class. Check in at the end of each section to facilitate discussions about key ideas and important vocabulary words that have emerged.

15 minutes: Reread the article together again, as well as the visual text on page 24. This time, pause to ask text-based questions, such as those listed below. Every time a student offers a response, challenge him or her to pinpoint evidence from the text that supports the answer. This is called “text evidence.” You might choose to replicate the chart below on the board and fill it in as students respond to questions.

Question	Response	Text Evidence
Using information from the article and the chart on page 24, what can you conclude about the number of texts Franchesca sent and received each day before she took the 48-hour challenge?	She sent and received more texts than most other teens.	Franchesca sent and received about 1,000 texts per day. According to the graph, only 18 percent of teens send and receive more than 200 texts each day.
What is one effect that “sleep texting” might have on teens’ success in school?	Teens might have trouble concentrating or fail a test because they didn’t get enough sleep.	Teens sometimes text during the night, which stops them from getting the 8 to 11 hours of sleep they need.

ASSESSMENT

10 minutes: Distribute page T3 for students to practice answering text-based questions and citing text evidence.

ONLINE EXTENSION

Go to www.scholastic.com/actionmag to play an interactive text-evidence game. Students may play individually or as a class, using a computer or whiteboard.

DIFFERENTIATION/SCAFFOLDING

Encourage students to mark up their magazines. For example, they might circle the paragraph where they found an answer to a question and then underline the specific text evidence within the paragraph that supports their response.

Name: _____

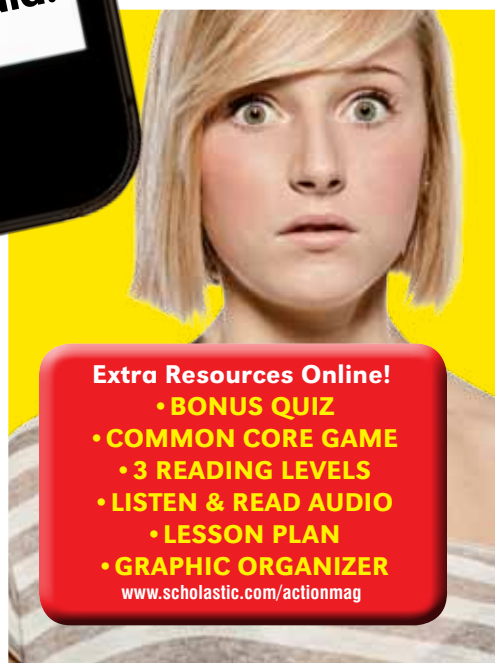
Cite Your Evidence

SPOTLIGHT SKILL:
Citing Text Evidence

USE WITH:
“Two Days With No Phone” (p. 4) and
Common Core Tool
Kit #1

Read “Two Days With No Phone” on pages 4-6 of this issue of *Action* magazine. Then answer the questions below. Be sure to use details from the text (text evidence) to support your responses.

Question	Response	Text Evidence
1. What effect might too much texting have on a student’s relationships?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
2. What is “sleep texting”?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
3. What does the word <i>adolescents</i> mean in Dr. Dowdell’s quote about sleep needs?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
4. Make a prediction about Kenny and Franchesca. Which student is more likely to text less in the future than they did before the experiment?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
5. A teen checks his phone every five minutes, and his mood changes when he doesn’t have access to his phone. Might he have an addiction?	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



Extra Resources Online!

- BONUS QUIZ
- COMMON CORE GAME
- 3 READING LEVELS
- LISTEN & READ AUDIO
- LESSON PLAN
- GRAPHIC ORGANIZER

www.scholastic.com/actionmag

Instead of sleeping, Kenny Alarcon, 16, often texts with his friends through the night. “You get an urge,” explains the teen, who lives in the Bronx in New York City. “When I get a text, I’m itching to respond to it even if I want to sleep.”

Franchesca Garcia, a high school senior from Providence, Rhode Island, has also felt the need to stay constantly connected. We asked how many texts she sent and received each day. “I don’t know . . . maybe 1,000?” she answered. “It’s too many to count.”

It probably won’t surprise you that teens are texting more than ever before. (See page 24 for a chart with teen-texting **statistics**.) Some experts are worried about how all that texting is affecting teenagers’ lives.

Teens in Trouble?

One concern is that students might not learn correct grammar and spelling if most of the writing they do is made



“My friends thought I was crazy for doing this. After I got my phone back, everyone was joking, ‘The ghost is back!’” —Kenny Alarcon

“When I gave my phone away, the first day I went crazy. I thought the phone was ringing but I didn’t have the phone!” —Franchesca Garcia



up of text messages. Some people also worry that because teens text so much, they don’t spend enough time talking with others face-to-face. That could be hurting their relationships with friends and family.

Plus, all that texting (and time on social media) takes away from hours that could be spent studying, exercising, pursuing a hobby, or just relaxing.

Dr. Elizabeth Dowdell is a professor at Villanova University in Pennsylvania. She says that many people expect to be able to **access** anyone or to *be* accessed by anyone at any time. “It’s very appealing, especially

to a middle or high school student,” she explains. “The problem is, there’s no downtime.” And people need downtime—especially when it comes to sleep.

Sleep Texting

Both Franchesca and Kenny told us that they wake up several times during the night to text. Kenny even sleeps with his phone beneath his pillow.

Dr. Dowdell says that it’s common for teens’ sleep to be interrupted by texts. Sometimes teens even send texts filled with nonsense words when they don’t wake up all the way. She has been studying this trend, which she calls “sleep texting.”

Why is sleep texting a problem? “Adolescents need a solid 8, 10, even 11 hours of sleep to really function and to think clearly,” reports Dr. Dowdell. If they regularly lose sleep, she adds, teens may start

Vocabulary

statistics: a set of numbers that presents information

access: reach, get in touch with

depressed: feeling very sad for a long period of time

isolated: all alone, separated from others

addiction: a strong need for something, such as drugs

having trouble in school. They may become grumpy, angry, or **depressed**. A lack of sleep can lead to weight gain and even obesity. That's because many people turn to junk food for quick energy when they are tired.

The 48-Hour Challenge

According to Dr. Dowdell, teens need to learn that they can—and should—turn off their phones sometimes. So we decided to have Kenny and Franchesca do an experiment.

These were the rules: No phone for 48 hours. No computer or Internet either, unless it was for schoolwork. No Twitter, no Instagram.

Would these two teenagers be able to do it?

"I think I'm going to feel really **isolated**," Kenny worried. Franchesca was nervous but brave. "I'm excited for the challenge," she said. "I don't know what's going to happen."

Kenny and Franchesca handed their phones to their mothers for safekeeping. The challenge was on.

The Results

We caught up with Kenny and Franchesca after 48 phone-free hours. "Wow, it was pure torture," Kenny joked. But though life with no phone wasn't easy, he

admitted "it had benefits."

Sure, Kenny missed his friends, and he was sad at times. But he also felt relief from the constant texting. "Sometimes it's teenager drama, people gossiping," he explained. "I felt less stressed because I didn't have to be involved."

Instead of texting, Kenny went to the gym and caught up on schoolwork. The first night, he told us, "I slept for 18 hours!" He also spent time sitting with his family and talking. Kenny's mom helped him with homework for the first time in two years. Said Kenny, "I felt closer to my parents."

Franchesca had an even happier result when she put away her phone. "I loved it!" she said. "I was going to the gym and hanging out with friends and playing basketball. I had a wonderful experience." She slept better too.

Franchesca decided to continue the experiment for a while. "I think I'll be so much smarter and healthier," she explained. "Everybody in the world should try it."

Kenny doesn't plan to give up his phone again. But he now knows that he *can* live without it. Said the teen, "It was a reality check."

—Sarah Jane Brian

Signs of Addiction

Many teens report troubling problems when they try going without phones and technology. One recent study asked students to give up phones and electronic media for 24 hours. The result? One in five people experienced changes in their bodies or emotions that are signs of possible **addiction**. Look below for some of these warning signs.

