



Addicted to technology?

A tech-free day at Flekkefjord Vgs



FLEKKEFJORD
VIDEREGÅENDE SKOLE

The Project

- One day without technology
- 9 students (16/17yo)
- 2 surveys (S1 at 8.45, S2 at 14.10)
- Students compensated with film & pizza
- 2 students cheated



Goals of the project

- Understand the impact of tech use on the mental and social wellbeing of students
- Our hypothesis: students will be more social without technology

Results of Survey 1 (measured at 8.45am)

- Reported worries:
 - They would miss out on news, social media updates
 - They wouldn't have anything to talk about in breaks
 - They wouldn't be able to focus without music in their ears
 - They wouldn't be able to communicate with friend and family outside of school

Results of Survey 2 (measured at 14.10pm)

- Reported experiences:
 - Students felt significantly more social
 - Some students felt more focused
 - Many missed checking social media or checking phone notifications
 - Many missed interacting with friends and family outside of school
- Experiences of teachers
 - Students seemed restless and unfocused
 - SO. MUCH. COMPLAINING.
- Cheating
 - 2 students cheated

Reflections

- Students appeared restless and unfocused to teachers
- Some students felt more stressed, some felt calmer
- Students were more social with their classmates and spent more time together
- «I was surprised at how empty I felt without my phone to distract me»