



“Hang on. It’s my mom.”: Effects of cell phones in the classroom MASA Breakout session

October | 2019

LiveMore.

A non-profit on a mission to foster digital wellbeing in our families, schools, and workplaces.

Digital Wellbeing

Seeking ways to balance how our use of screens enhances how we

+ feel

+ think

+ communicate

+ focus

+ learn

+ engage

+ sleep

Goals of the Breakout Session

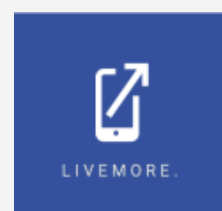
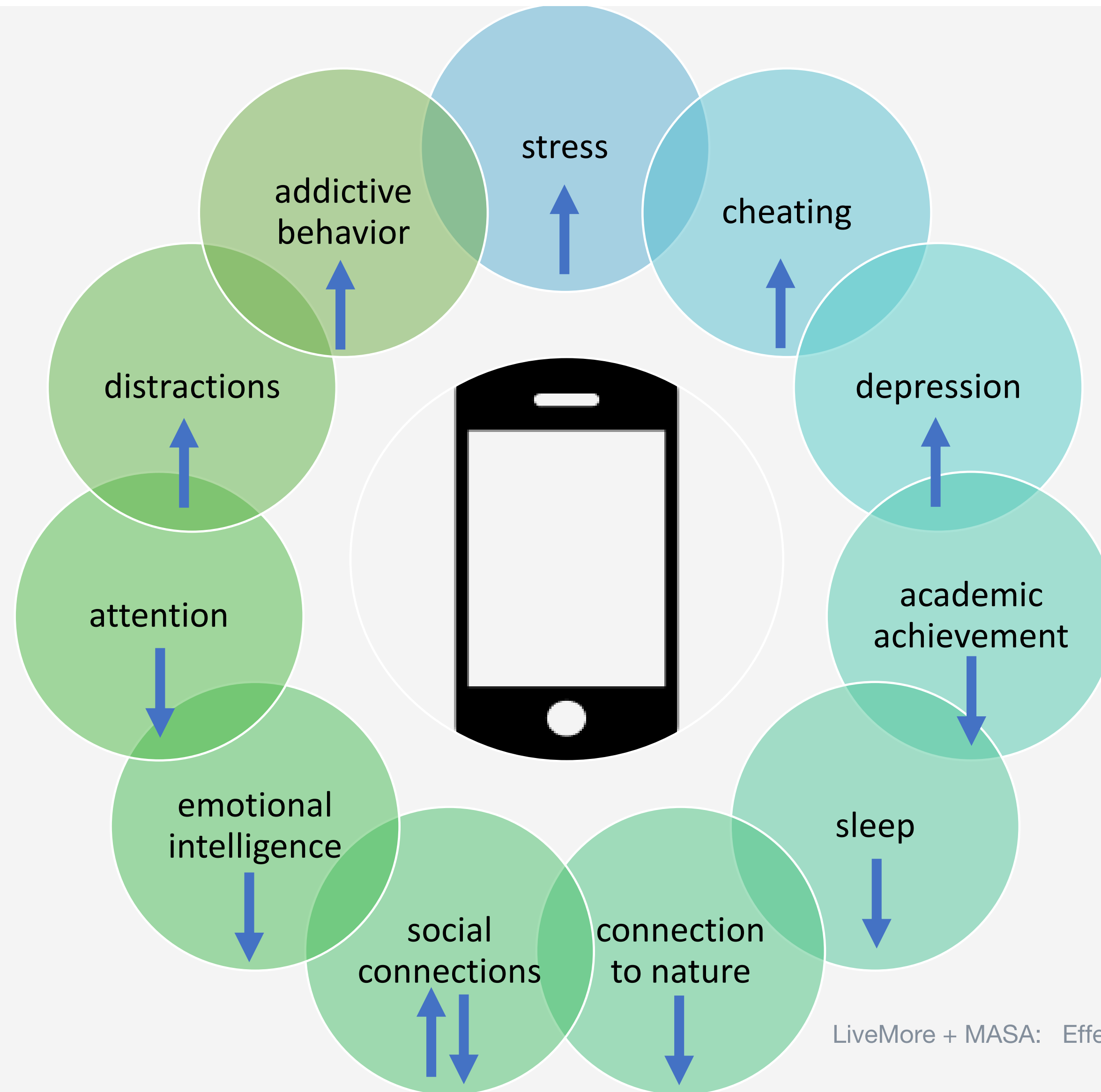
- + A Greater Awareness of Research about Screen Use
- + A Greater Awareness of App Design + Brain Development
- + Superintendent's Leadership- Cell Phones Use in the Classroom
- + An Understanding that We are All in this Together

LiveMore-Collection of Stories

1. With a partner, choose a **scenario**
2. Identify the **problem(s)**
3. Discuss your **response**
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4. At your table, **summarize** the situation
5. Make a **list** of identified problems
6. **Share** your list with the whole group



# Effects of Screens Time and Place



# LiveMore Data and National Research

- Teachers' Concerns
- Attention: Brain Drain
- Distraction and Test Scores
- Social Media's Effects: Depression and Self Esteem
- Sleep Studies

# What are you hearing about the role of the Cell Phone in the Learning Environment?



# Persuasive Design





# Persuasive Design



# Attention Economy




# B=MAT for SnapChat

➔ MOTIVATION


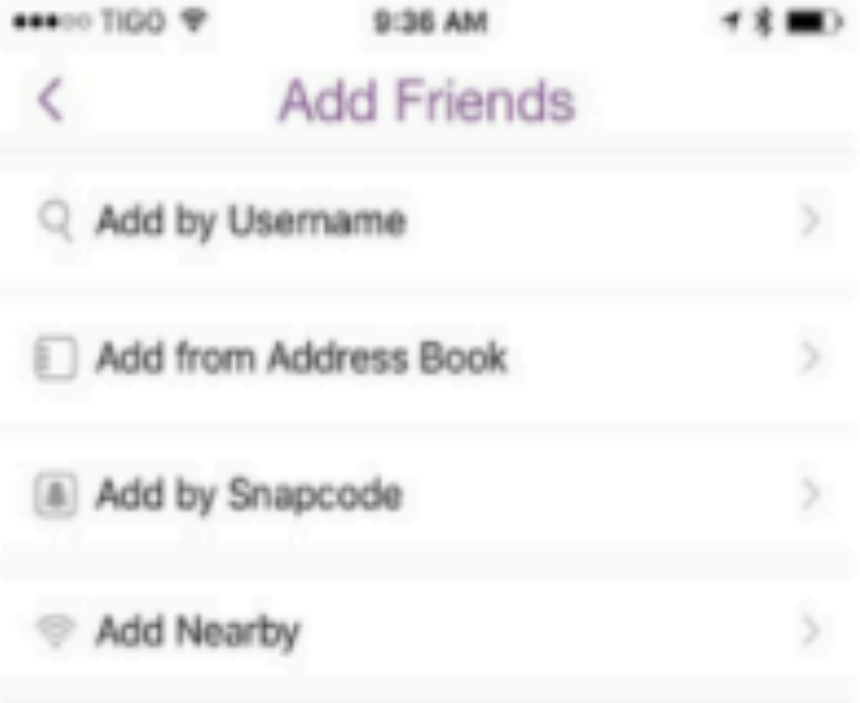
➔ ABILITY

➔ PROMPTS

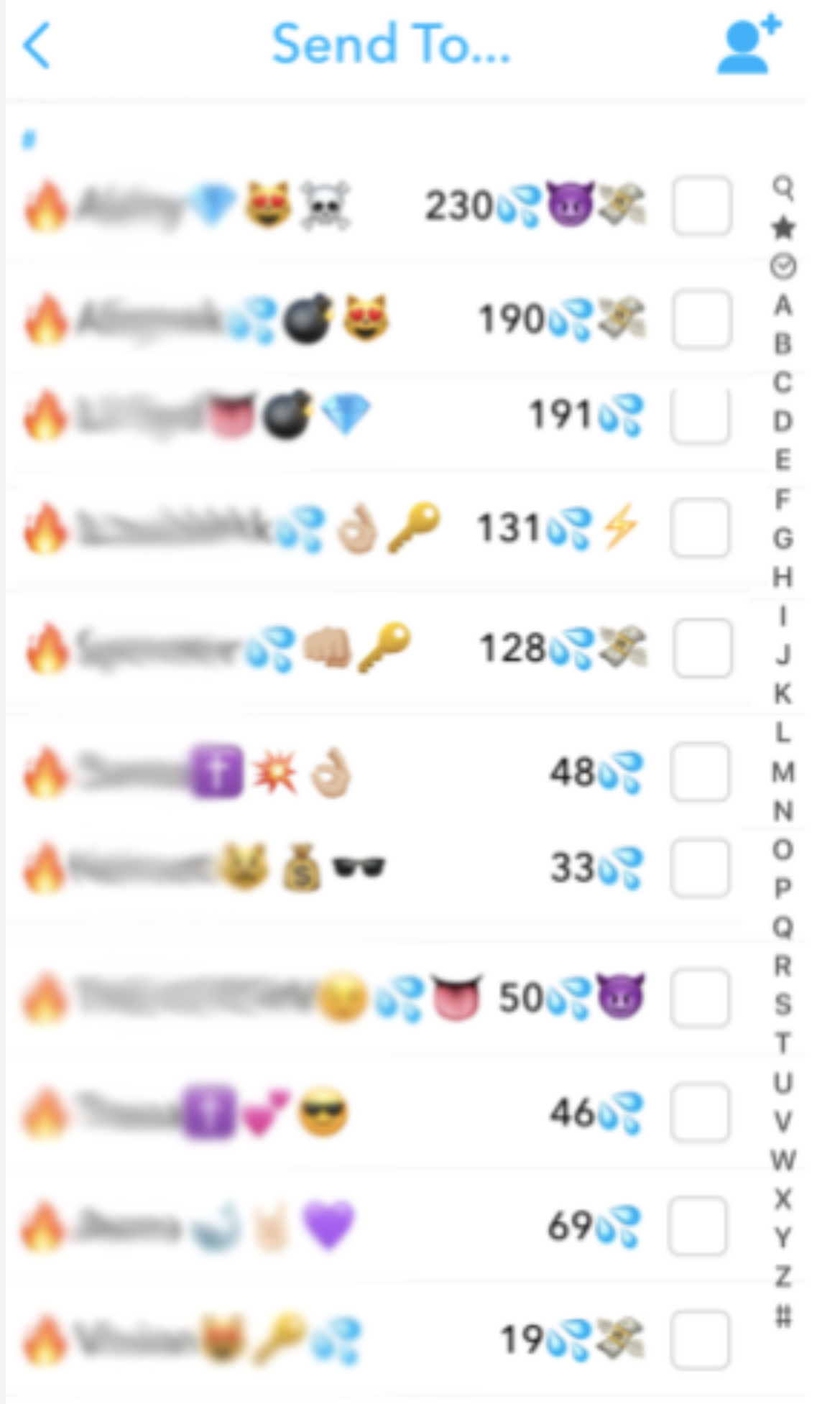


Click "Add Friends"

This will allow you to add in multiple ways



# The Formula + Variable Rewards + Gamification



# Whole School, Community, Child Model



What is the leadership role of the Superintendent with regard to cell phones in the learning environment?

# We are all in this together

Superintendent Leadership

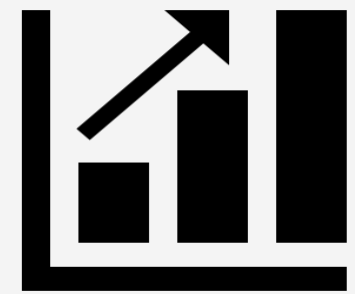
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LiveMore Process and Strategies

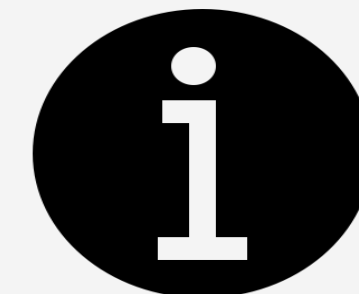
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## Digital Wellbeing

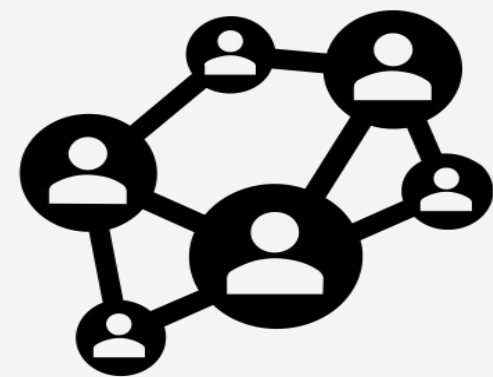
# LiveMore ScreenLess Products



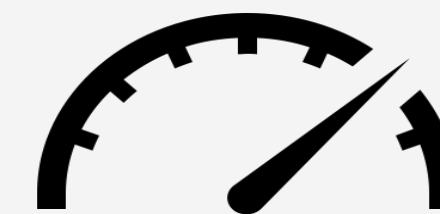
Organizational  
Assessments



Policy Consultation



Speaking  
Engagements



Tools to Assess Impact



Series of  
LifeShops



Products



## Live more. Screenless.™

LiveMore offers a full range of organizational development, coaching, and change solutions to help youth, parents, schools, workplaces, and communities foster healthy digital wellbeing. Founded in 2019, LiveMore uses research-driven approaches to guide and implement sustainable change for the good.

Thank you for the opportunity to share our vision for MN Grown, MN Strong kids, teachers, schools, and communities.

### CONTACT

Katherine (KK) Myers  
Co-Founder / Executive Director of School Partnerships  
kk@livemoretoday.org  
651-442-0203

Maree Hampton  
Co-Founder / Executive Director of Strategy and Programs  
maree@livemoretoday.org  
612-618-3694