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Internet diary

And why we should track our time spent online

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Why do we spend so much time on our phones?

What do we do 15 minutes before the lesson start? What do we do before going to work? After or before study time, during doing homework, while eating, being in bus, train, in the queue, waiting for coffee we are using our mobiles.

It's so common that we consider it completely normal. Whenever we don't have anything to do with our hands we grab phones. Every blank space in our day is being filled with smartphones.

Internet diary – WHAT IS IT?

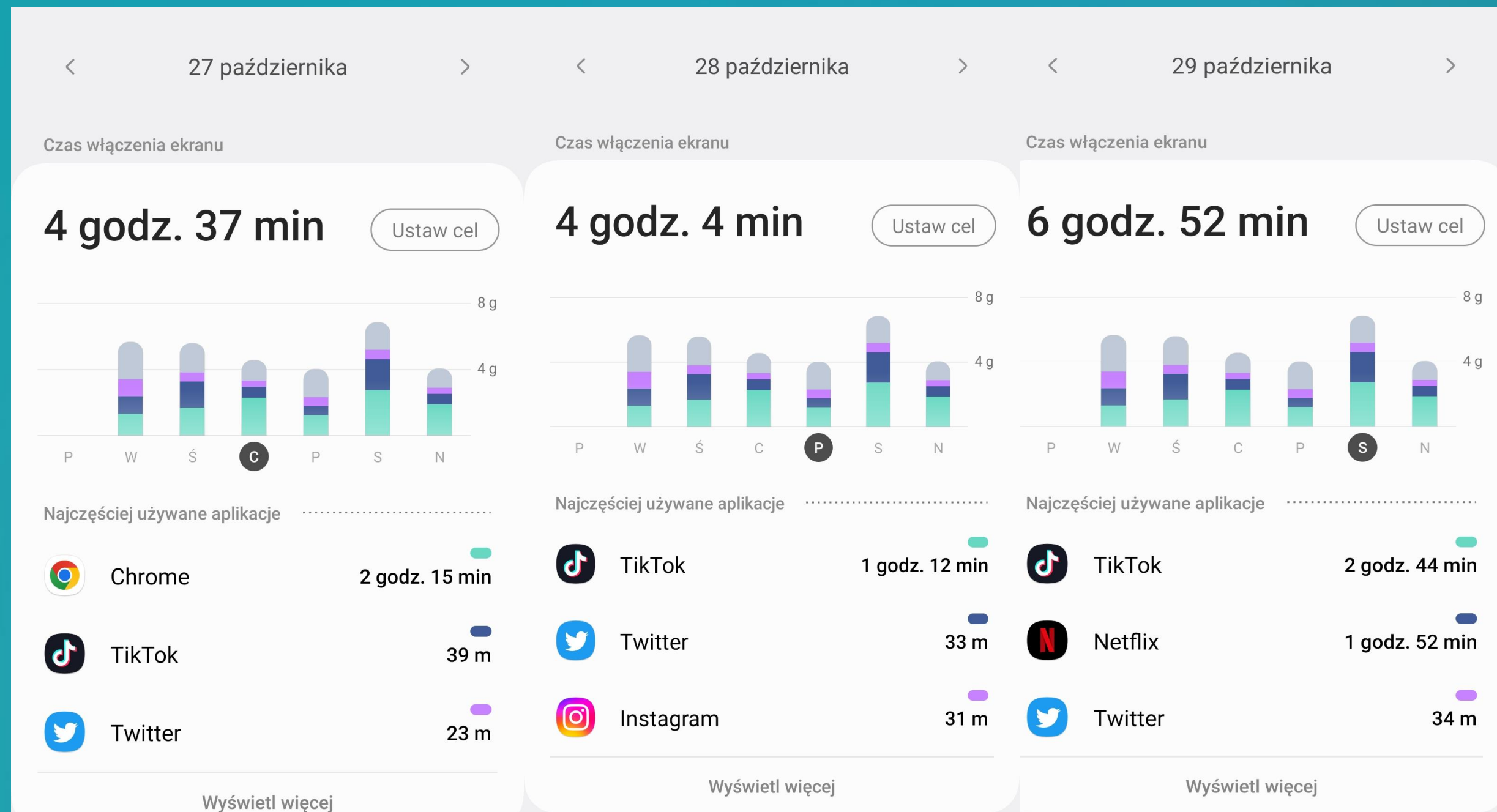
It is basically tracking our screen time. It is in settings probably every phone. By checking statistics regularly we control our time spent with phone. We can realize if we spend too much time on some apps. It can easily tell us very much about our life.

Mobile phones are
big part of our life.
But are we aware
how huge impact it
has on us?

EXAMPLES OF STATISTICS FROM DIFFERENT MONTHS

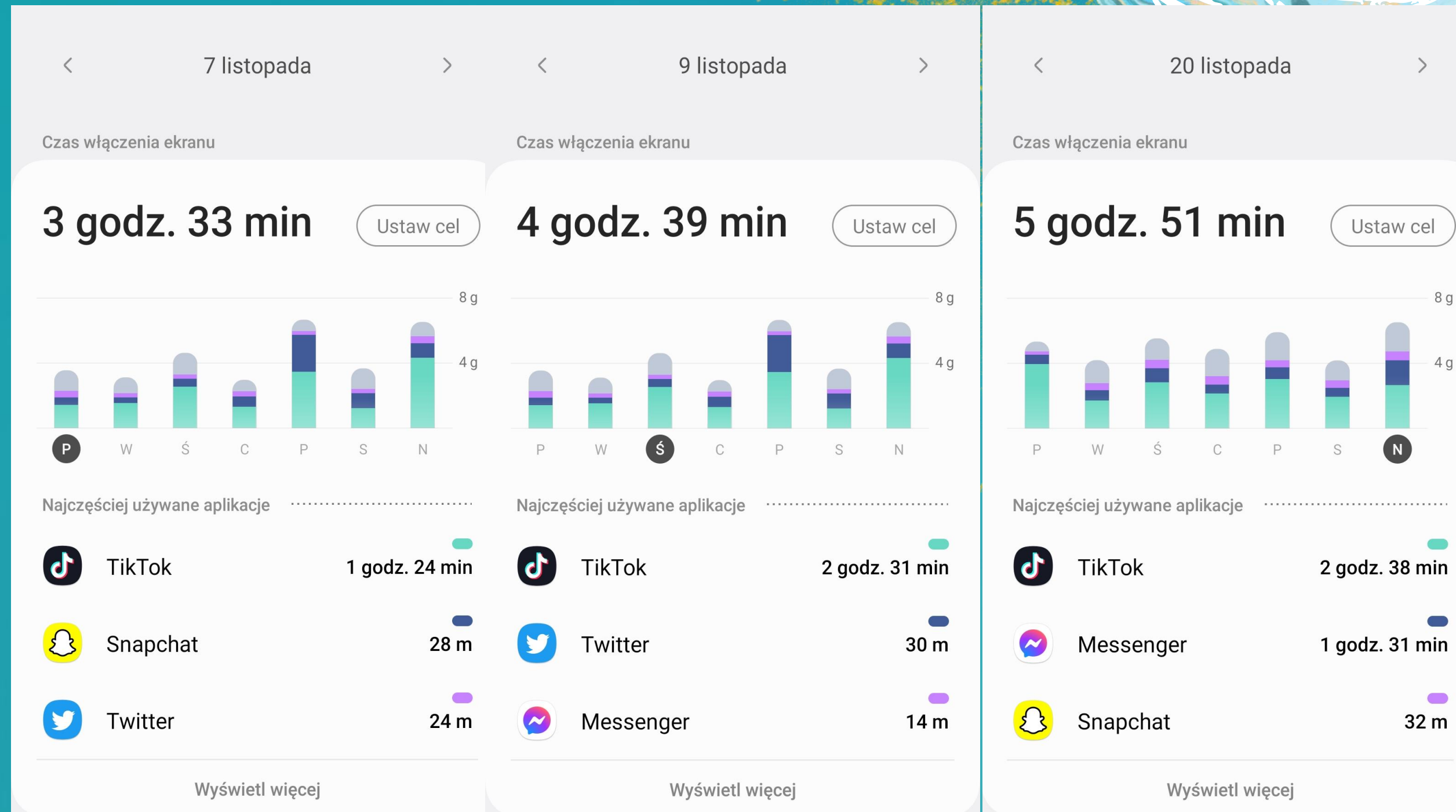
October

Screen time while going to school – weekend and 2 days in school. The difference is 3 hours. It is not really much but it is definitely not little.



November

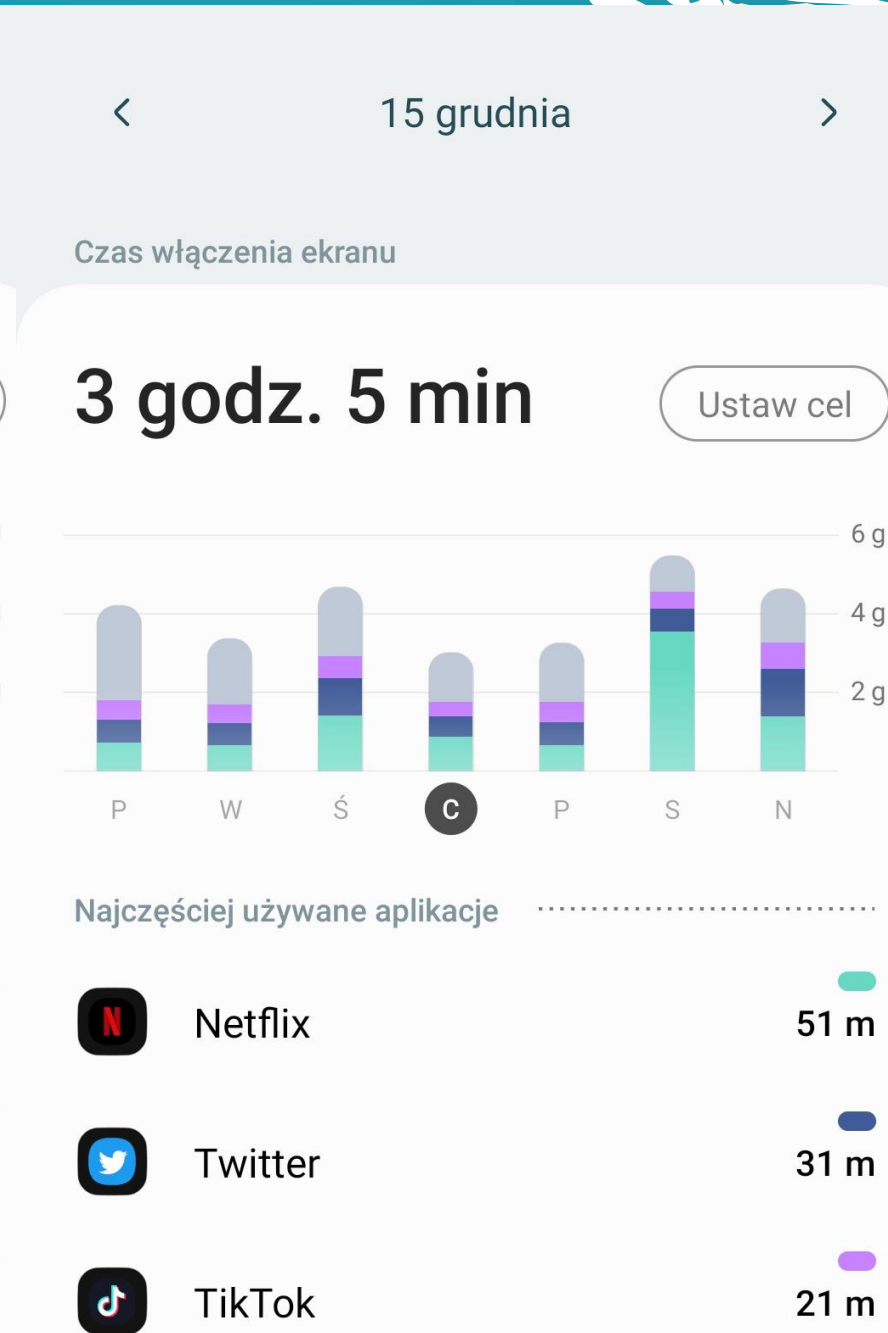
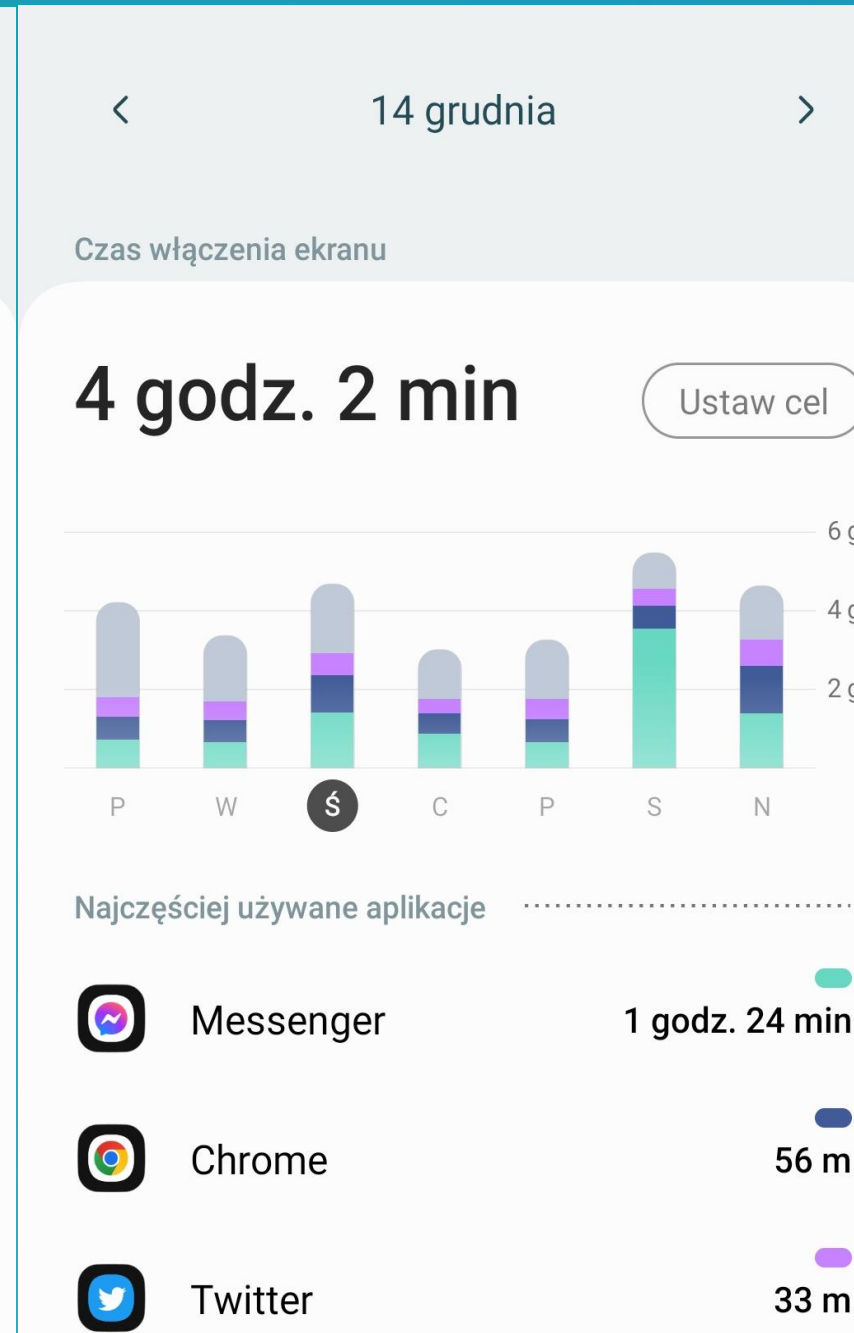
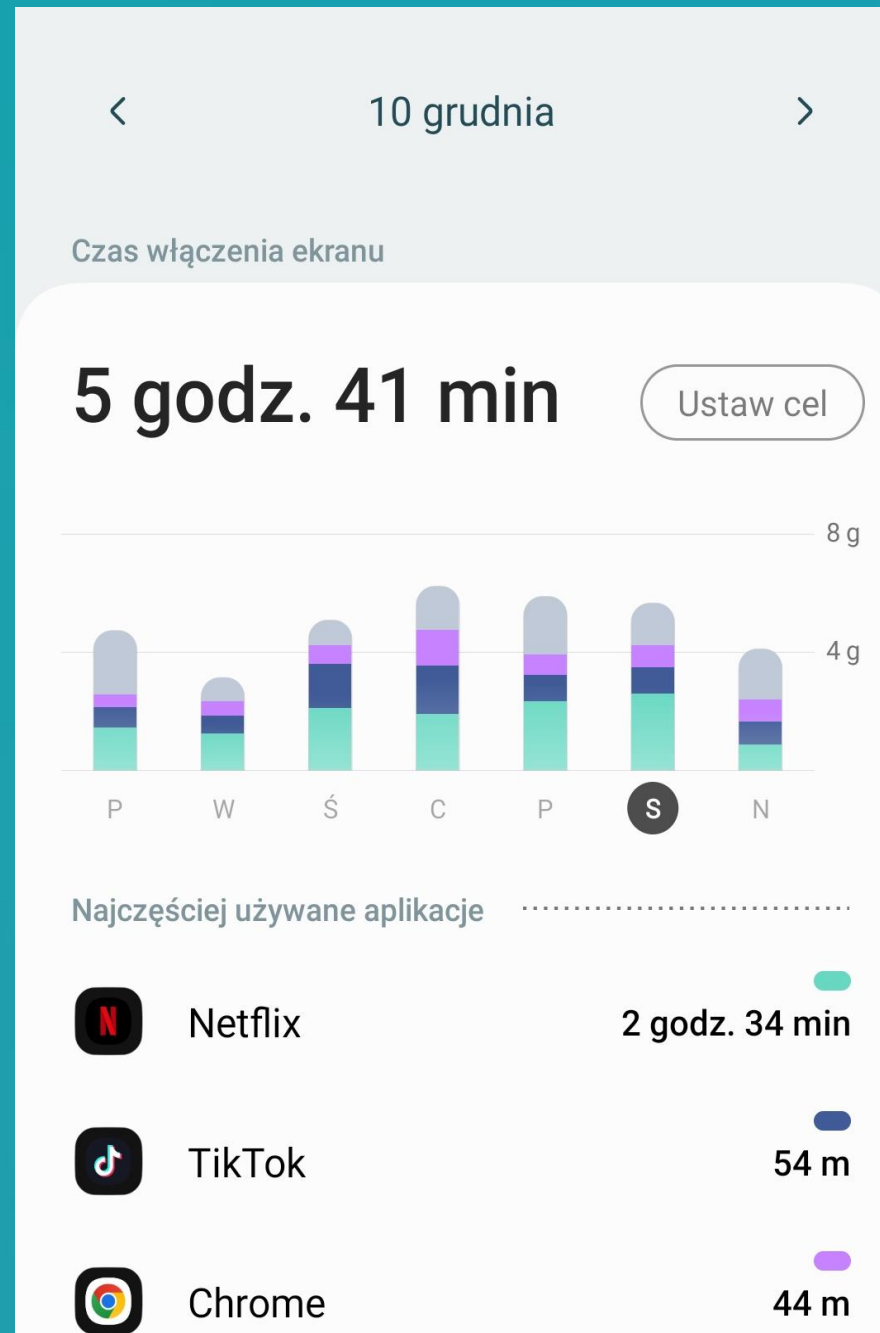
Now we can see that the difference between screen time at school day and weekend is more balanced. It is after tracking statistics for a while.



December

[BEFORE CHRISTMAS BREAK]

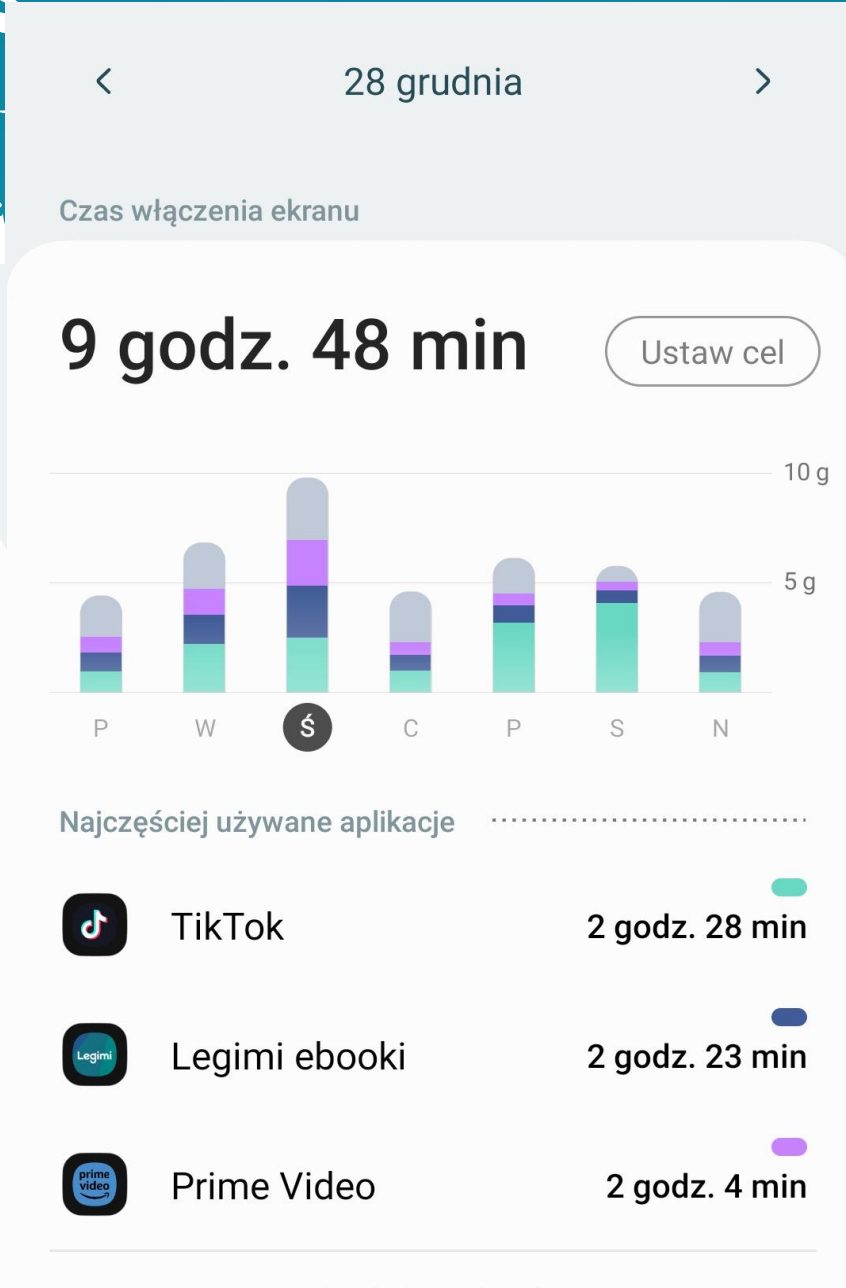
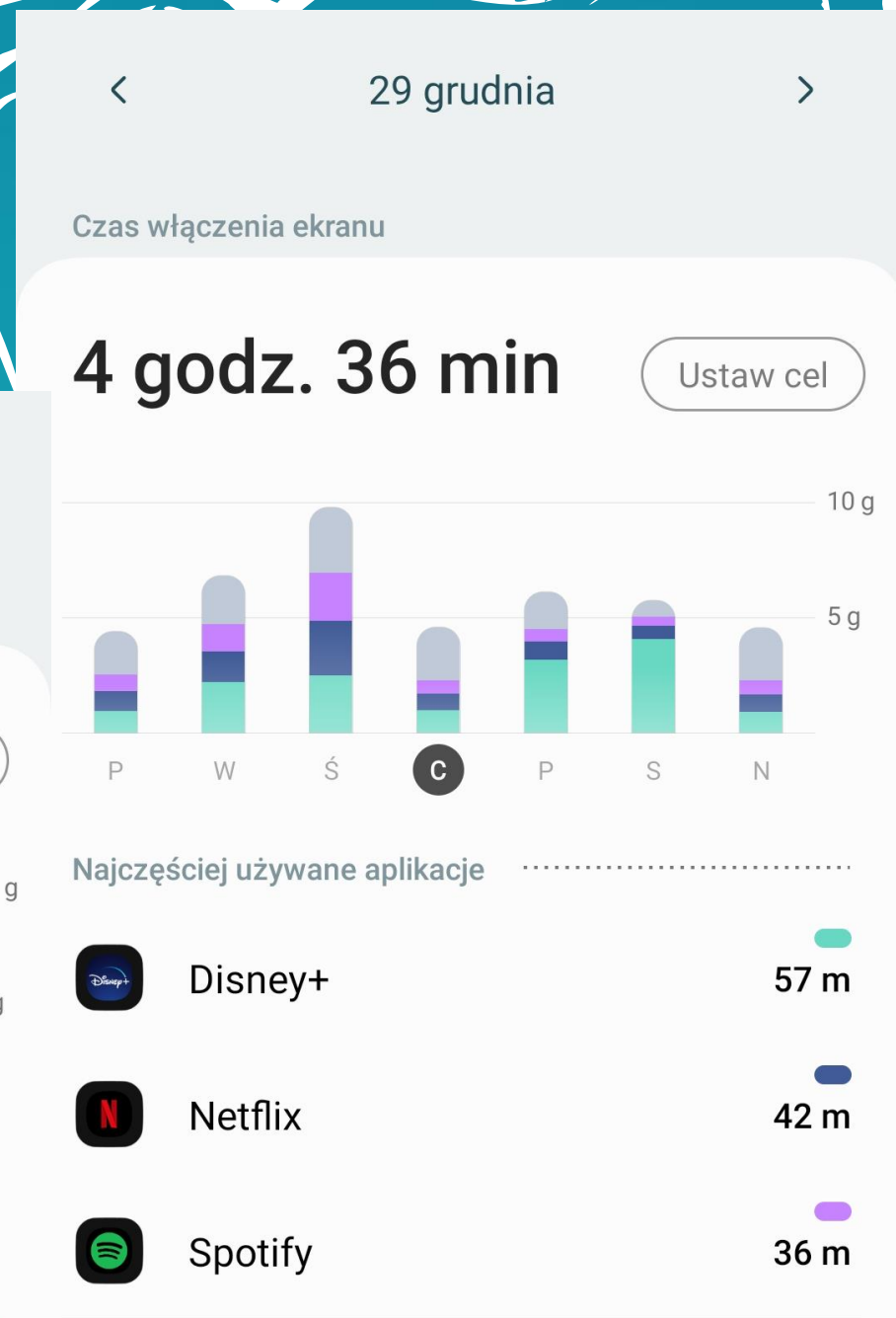
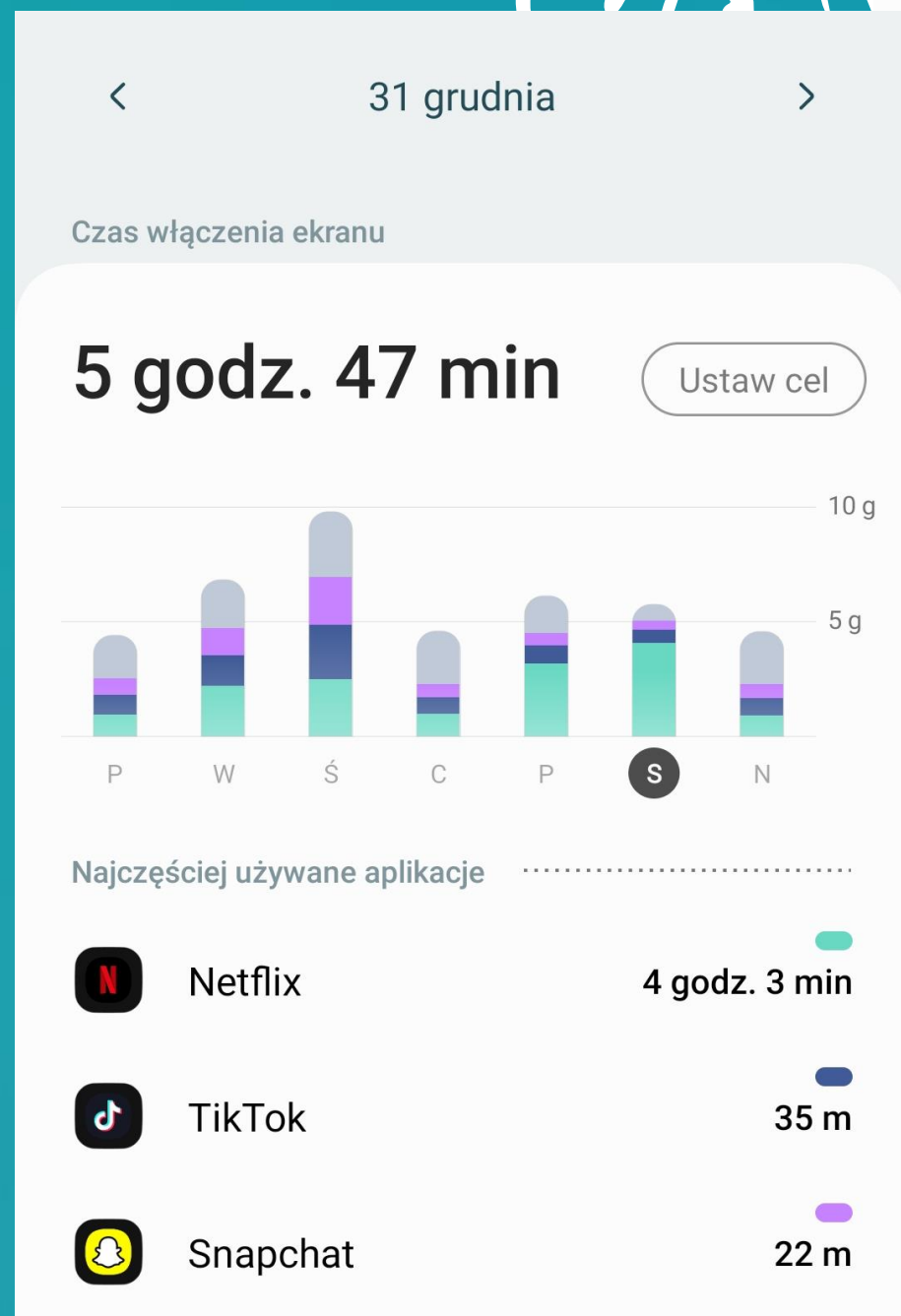
During normal school week screen time in December is less than 6 hours but more than 3 to 4 hours.



December

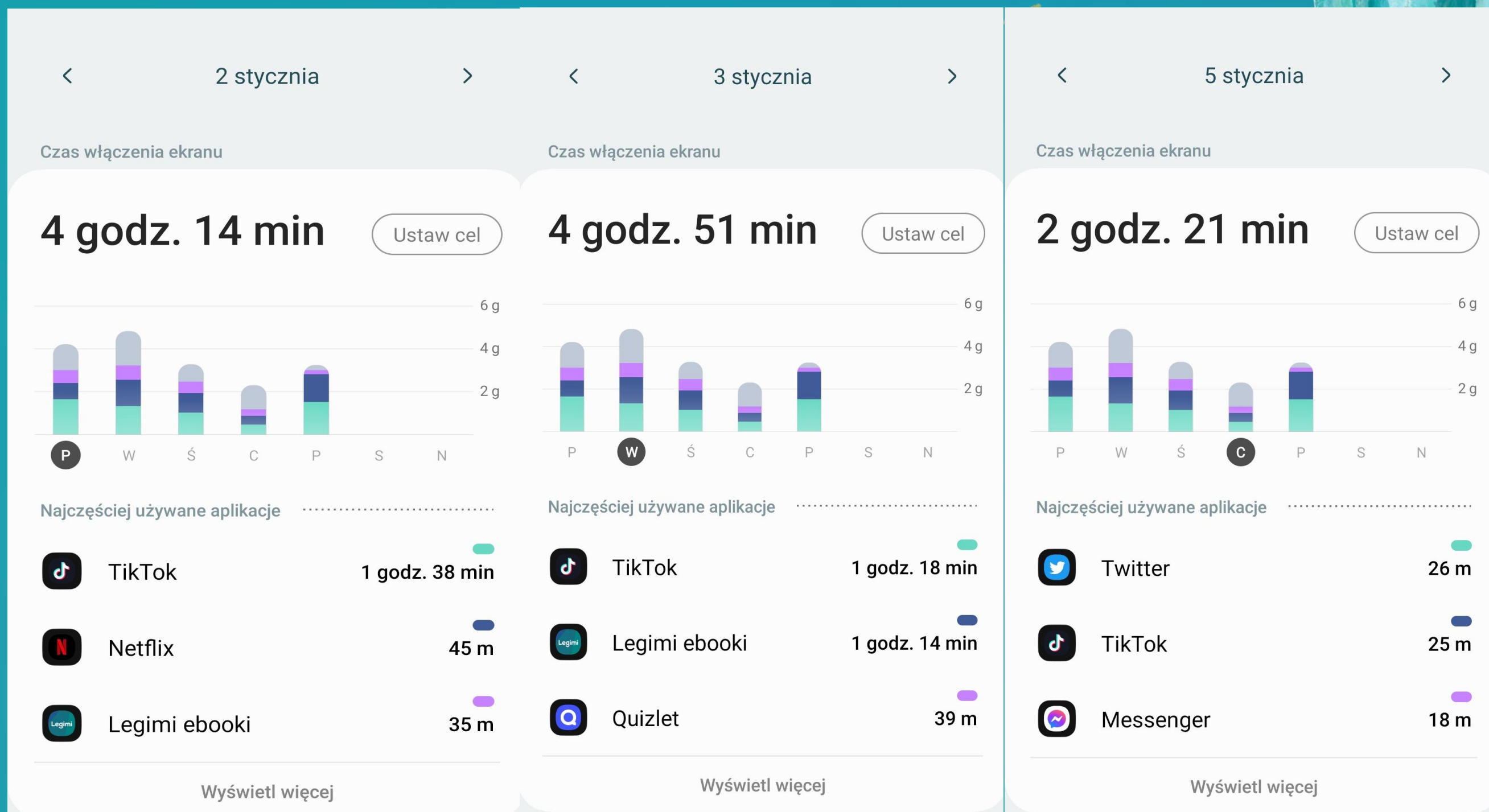
[DURING CHRISTMAS BREAK]

During free time screen time is different every day. Sometimes it's up to 10 hours, sometimes less than 5. It is really similar to school week at some days. But it is sometimes more than on weekends in school week.



January

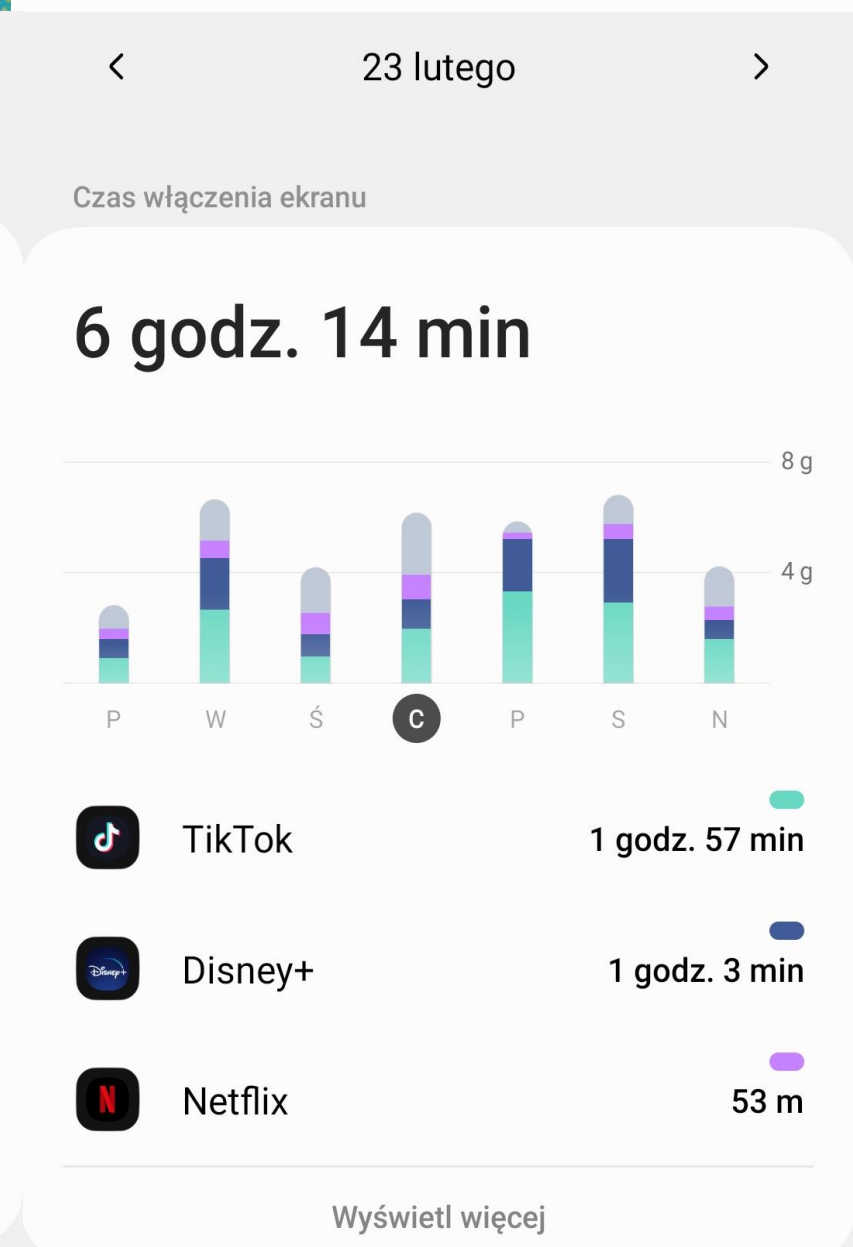
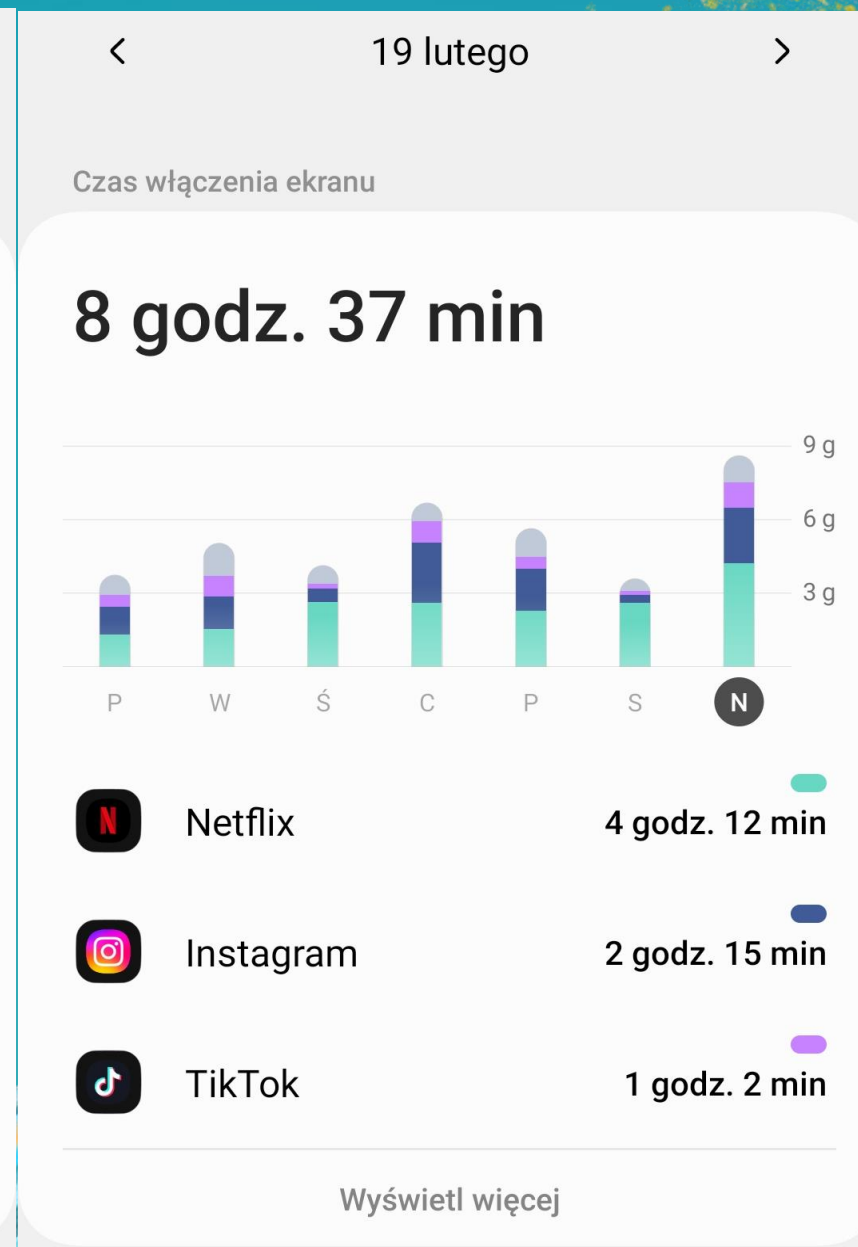
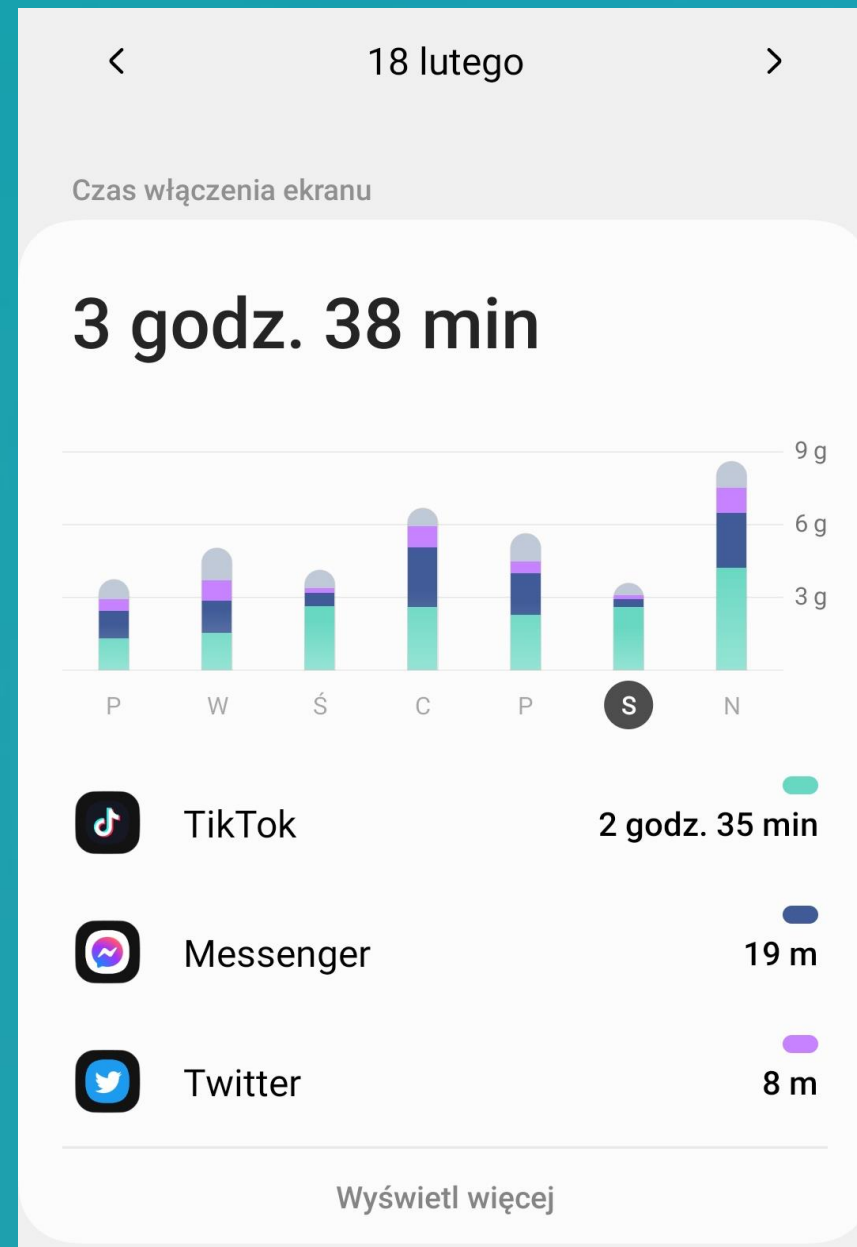
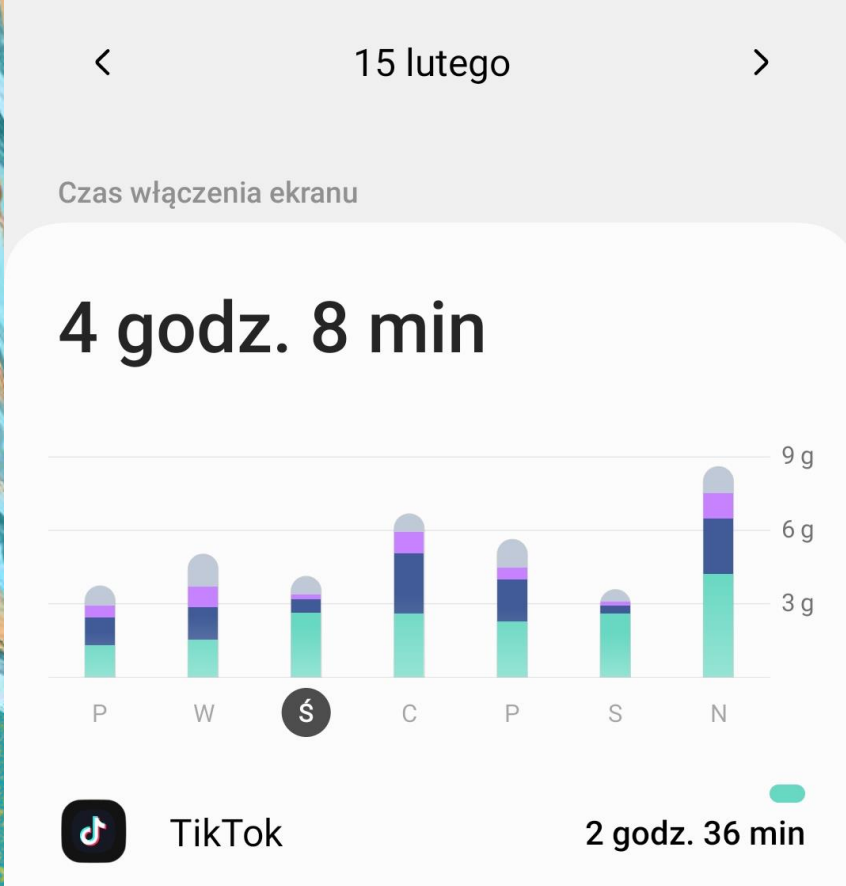
After a few weeks of tracking screen time and using phone more or less, the usage of mobile reduced to less than 5 hours a day.



February

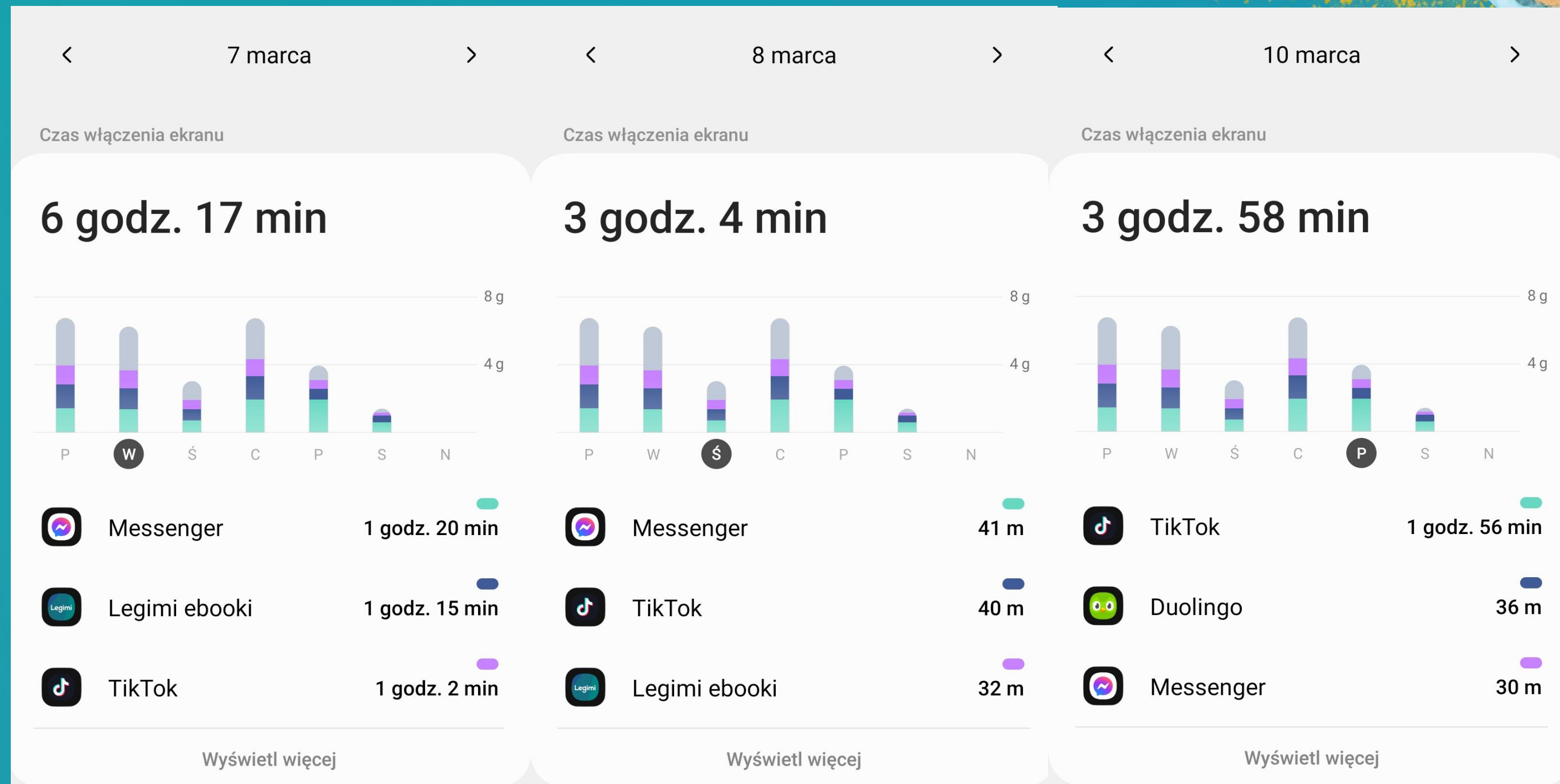
[DURING WINTER BREAK]

Another break from school routine. Each day is different but screen time is not above 10 hours so we can consider it as a little success.

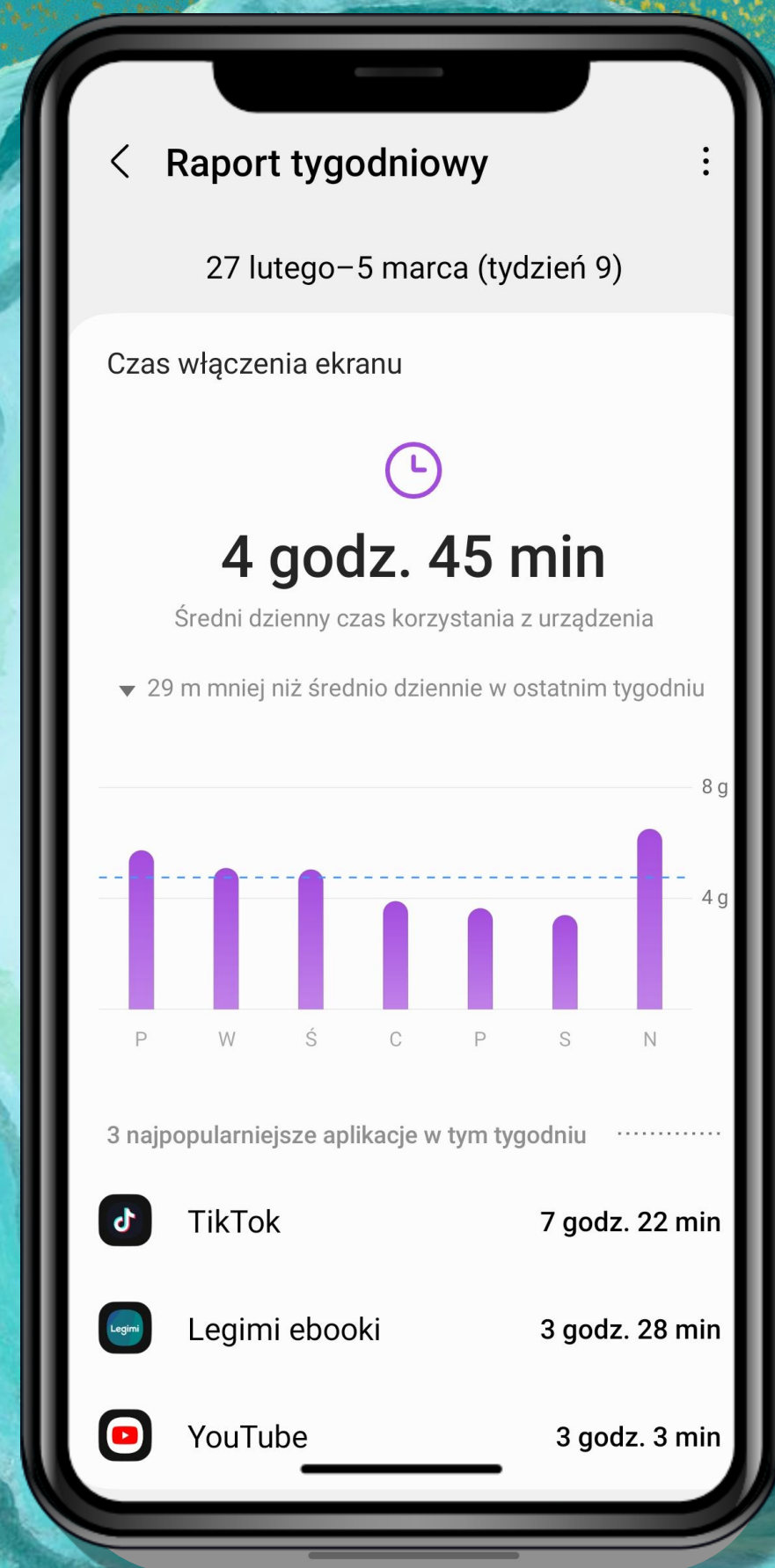


March

Screen time is less than 4 hours most of the time. Sometimes it is more than 6 hours but that is definitely much less than what it was at the beginning of tracking it.



So why should we track our screen time?



We should track our screen time in order to reduce it. When we don't use phones every time we don't have anything in our hands we can do something useful: clean house, read book, think of a plan for the day, study properly. It helps to clear your mind and take care of real life.

How reducing screen time can change the world?

If people wouldn't stare at their phones every few minutes, there wouldn't be so many car accidents. Also more people would work harder. Students would be more focused. Many relationships wouldn't have been broken because of being addicted to phone. Little children would be developing better and happier, feeling real joy and fun from life – not Internet.



Smartphones are really important part of our life. It saved lives of many people and helps every day mass of people. But we can't forget that everything can be addicting. Even though we can't live without, we have to be really careful with using it.





THE END

THANKS FOR
ATTENTION!