



No Tech
CHALLENGE

**Image from the University of St. Thomas, Division of Student Affairs. Accessed Nov 6, 2018.*

If I did not have my smartphone with me,

1

2

3

4

5

6

7

Item	strongly disagree	disagree	somewhat disagree	neutral	somewhat agree	agree	strongly agree
I would feel anxious because I could not instantly communicate with my family and/or friends	<input type="radio"/>						
I would be worried because my family and/or friends could not reach me	<input type="radio"/>						
I would feel nervous because I would not be able to receive text messages and calls	<input type="radio"/>						
I would be anxious because I could not keep in touch with my family and/or friends	<input type="radio"/>						
I would be nervous because I could not know if someone had tried to get a hold of me	<input type="radio"/>						
I would feel anxious because my constant connection to my family and friends would be broken	<input type="radio"/>						
I would be nervous because I would be disconnected from my online identity	<input type="radio"/>						
I would be uncomfortable because I could not stay up-to-date with social media and online networks	<input type="radio"/>						
I would feel awkward because I could not check my notifications for updates from my connections and online networks	<input type="radio"/>						
I would feel anxious because I could not check my email messages	<input type="radio"/>						
I would feel weird because I would not know what to do	<input type="radio"/>						

Add up the scores 1 (strongly disagree) through 7 (strongly agree) to each of your answers.

Nomophobia is a fear or phobia for being without one's cell phone. The word is based on some letters from the phrase No-Mobile-Phone-Phobia. According to Caglar Yildirim, Assistant Professor of Human Computer Interaction, who created this scale for use in his research at State University of New York at Oswego:

20 or below not at all nomophobic: You have a very healthy relationship with your device and have no problem being separated from it.

21 to 59 mild nomophobia: You get a little antsy when you forget your phone at home for a day or get stuck somewhere without WiFi, but the anxiety isn't too overwhelming.

60 to 99 moderate nomophobia: You're pretty attached to your device. You often check for updates while you're walking down the street or talking to a friend, and you often feel anxious when you're disconnected. It might be time to take the No-Tech Challenge!

100 to 140 severe nomophobia: You can barely go for 60 seconds without checking your phone. It's the first thing you check in the morning and the last at night, and dominates most of your activities in-between. It might be time to take the No-Tech Challenge!

"This might negatively affect your social life and relationships with friends and family," Yildirim said. "There are studies that show those who score high on the test tend to avoid face-to-face interactions, have high levels of social anxiety and maybe even depression.

"It might affect your ability to work or study, because you want to be connected to your smartphone all the time," he added. "So if any of this applies to you, then it's time to start looking at your behavior and level of anxiety.

*Questionnaire Reference and Scale Adapted From:

Yildirim, C. & Correia, A. (2015). Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire. *Computers in Human Behavior*, 49, 130-137.

NO-TECH CHALLENGE INSTRUCTIONS**

Say What?

This is an opportunity for you and your friends and family to try going no-tech for three days to see how it feels to reconnect with each other and with nature! You choose your level of adventure below – Legend Status, Hero Status, Survivor Status, or Not in This Lifetime Status.

Legend Status

You give it all up. This is your first step to becoming aware of your surroundings, your loved ones and your dependence on your devices. For Monday, Tuesday and Wednesday, you don't use...

PHONE	COMPUTER	MUSIC	TV	GAMES
No talking on it, texting, checking internet, anything. Turn it off, leave it on a shelf. Pretend like you're going to high school in the 90's where they had to make plans in advance.	Don't even open it. No Internet, word processing, email, or anything else that can be done on a screen.	No music in the car or on any devices. Go without it.	No watching it. If it's in the same room you're in and someone else is watching, leave the room.	No technological gaming of any kind.

Hero Status

Okay, you don't want to go live in a cave, but you would like to gain a little enlightenment. Here's a dialed down version for you.

PHONE	COMPUTER	MUSIC	TV	GAMES
You can make actual spoken phone calls on it, but that's it. Pretend it's a fancy version of the rotary phone your grandma used to have.	No internet (that includes all social media and email), but you can use it for work or school only.	You can listen to old fashioned radio, go see live music, or even play your own musical instruments, but no portable music devices or digital radio.	No watching it. If it's in the same room you're in and someone else is watching, leave the room.	No technological gaming of any kind.

Survivor Status

Your hands start to shake just a little when you think about being away from your technology. But really, you could quit anytime you want... just one more tweet...

PHONE	COMPUTER	MUSIC	TV	GAMES
You can make actual spoken phone calls on it, and send only 10 texts a day. Refrain from using it while eating or spending time with others.	You can check email and use it for work or school, but no surfing the internet, checking social media, playing music, watching videos, etc.	You can listen to old fashioned radio, go see live music, or even play your own musical instruments, but no portable music devices or digital radio.	Watch no more than an hour a day.	No technological gaming of any kind.

Not in This Lifetime Status

No, seriously. You can pry my phone from my cold, dead hands. If giving up any of your technology gives you crazy anxiety, you can go baseline. Your job is to track your tech usage for 3 days.

PHONE	COMPUTER	MUSIC	TV	GAMES
Keep a log of: <ul style="list-style-type: none"> How many texts each day How many calls Track your social media use/time on your phone (free download the "Moment" app to track it for you) Try quality time with friends and family 	Keep a log of: <ul style="list-style-type: none"> How much time you spend on email How much time you spend on the internet and what you are doing (email, social media, shopping, homework) 	Go for it. Music is awesome!	Keep a log of: <ul style="list-style-type: none"> How many hours of TV you watch each day 	Keep a log of: <ul style="list-style-type: none"> How much gaming you do each day

Tips Before You Start

1. Find a partner. Sharing your experience with another person will help make you accountable for your behavior and for sticking with the detox.
2. Pay attention to every time you feel the impulse to check your devices. When you notice this, ask yourself, “Am I checking out of habit?” and “Is this checking necessary right now?” If the answer is no, then don’t pick it up.
3. Become very conscious of what is important to you, what really nourishes you, and devote more time and attention to it. **You’ll be spending more time on things that truly make you happy!**
4. Remember, disconnecting can help you reconnect, live in the moment, and withdrawal is only temporary!

Complete the Challenge and Give Me Your Answers By Nov 27

This starts on a Monday when you wake up, and runs through that Thursday when you wake up. At the end of each day, answer a quick set of questions to check in on how you feel about the no-tech experience. I will compile all the answers and share the collective results in my Persuasive Speech on Dec 4.

DAY 1

1. What do you miss the most?
2. How do you find yourself filling your time? Did anything happen that otherwise would not have?
3. Are you finding this rewarding? Frustrating? Both? Why?
4. What differences do you notice within yourself without your technology today?

DAY 2

1. What do you miss the most?
2. How do you find yourself filling your time? Did anything happen that otherwise would not have?
3. Are you finding this rewarding? Frustrating? Both? Why?
4. What differences do you notice within yourself without your technology today?

DAY 3

1. What do you miss the most?
2. How do you find yourself filling your time? Did anything happen that otherwise would not have?
3. Are you finding this rewarding? Frustrating? Both? Why?
4. What differences do you notice in yourself without your technology over the course of all 3 days?

**No Tech Challenge Instructions Adapted From:

"No Tech Challenge." *Animas Humanities*, https://animashumanities12.weebly.com/uploads/5/6/4/8/56483295/no_tech_challenge.pdf. Accessed 13 Nov. 2018.