

Name _____

Wired Connections: The Impact of Technology on Human Relationships

Open-Ended Response Answer Key

1. Technology can enhance human relationships by facilitating communication and connection. For example, video calls and messaging apps can help people maintain relationships with friends and family who live far away. Sharing photos and updates on social media can also strengthen bonds by allowing loved ones to stay updated on each other's lives.
2. To strike a balance, individuals can set boundaries for screen time, especially during face-to-face interactions. They can designate specific times for technology use and prioritize spending quality time with loved ones without distractions. Additionally, practicing active listening and being present in the moment when with others can help strengthen personal connections.
3. Yes, for example, I have a friend who moved to a different country, and we've been able to maintain our friendship through regular video calls and messages. This positive use of technology has allowed us to stay close despite the distance. On the negative side, I've also observed situations where people at social gatherings spend more time on their phones than interacting with those around them, leading to a sense of disconnect and reduced bonding.
4. The most significant impact of social media is the creation of idealized and curated versions of people's lives. People tend to post their best moments and achievements, which can lead others to compare themselves and feel inadequate. This constant exposure to seemingly perfect lives on social media can contribute to feelings of envy, insecurity, and even a skewed sense of reality.

