

Name _____

Unlocking Potential: Why We Should Reduce Screen Time

Open-Ended Response Answer Key

1. Answers may vary but could include personal stories of how reducing screen time improved focus, physical health, or relationships.
2. Excessive screen time can lead to a lack of real-life interactions, making it difficult to establish and maintain strong connections with friends and family. Real-life interactions involve emotions, body language, and shared experiences that strengthen bonds.
3. Strategies to reduce screen time may include setting specific daily limits, finding alternative activities like hobbies or sports, or using apps that track and limit screen usage.
4. Screens have the potential to be addictive because they provide constant stimulation and instant gratification. To avoid excessive screen time, people can establish boundaries, use screen time tracking apps, and engage in alternative activities.

