Student cell phone users check their phones an average of one to five times during class, even though 51% say that cell phone use in class affects their abilities. 66% percent of students (myself included), according to a recent article, have sent nude or semi-nude photographs of themselves electronically. Additionally, 39% of teens and 59% of young adults said they have sent sexually explicit text messages. http://en.wikipedia.org/wiki/Sexting

Top 5 Places it is rude to "check" or look at your phone:
1. During any face to face conversation with another human being
2. In class
3. In a meeting
4. On a date
5. In class

Social Media Break-Time

Social Media and Stalking
It's really easy to stalk people via their social media posts. If you want your friends to know where you are, tell them. For more info, call the Interpersonal Violence Prevention Coordinator (309) 298-2242.

I like social media and technology as much as anyone. But once something is out there, it cannot be undone. So I ask, What’s so important that I need to share with my 3,000 friends? Or that I feel completely left out if I don’t know the Twitter trends? -MMcK

Does the expression “technology addiction” seem odd? How can someone be addicted to Facebook? Or texting? Or email? But we are! In 2011, More than 1/2 of Americans said they would rather give up chocolate, alcohol AND caffeine for a week before parting temporarily with their phones (myself included), according to a recent survey by technology firm TeleNav. 1/3 would give up sex, 22% would give up their toothbrushes (versus 40% of iPhone users, who evidently love their phone more than clean teeth) and 21% would rather go shoeless before separating from a mobile phone. 66% percent sleep with their Smartphone's by their side. Source: latimes.com/technology/2011/08

Challenge: How many times a day do you look at your phone/social media? Can you cut that number down?