

980L

NONFICTION/HEALTH

Two Days With No Phone

Experts worry that teen texting is out of control. Could you give up your phone for 48 hours? Our brave volunteers did.

deprivation can lead to weight gain and even obesity because many people turn to junk food for quick energy when they are tired.

The 48-Hour Challenge

According to Dr. Dowdell, teens need to learn that it's acceptable—and even important—to turn off their phones occasionally. So we recruited Kenny and Franchesca to participate in an experiment.

These were the rules: No phone for 48 hours. No computer or Internet either, unless it was for schoolwork. No Twitter, no Instagram.

Would these two teenagers be able to handle it?

"I think I'm going to feel really **isolated**," Kenny worried. Franchesca, tense but courageous, stated, "I'm excited for the challenge. I don't know what's going to happen."

Kenny and Franchesca surrendered their phones to their mothers, and the challenge was on.

The Results

We caught up with Kenny and Franchesca after 48 phone-free hours. "Wow, it was pure torture," Kenny joked. However, while going phone-free was challenging, he admitted "it had benefits."

Kenny missed feeling

connected, but he also experienced a feeling of relief from the perpetual texting. "Sometimes it's teenager drama, people gossiping," he explained. "I felt less stressed because I didn't have to be involved."

Instead of texting, Kenny exercised at the gym and caught up on schoolwork. The first night, he told us, "I slept for 18 hours!" He also enjoyed interacting with his family, and his mother helped him with homework for the first time in two years. Said Kenny, "I felt closer to my parents."

Franchesca's experience with the experiment was even more positive. "I loved it!" she reported. "I was going to the gym and hanging out with friends and playing basketball. I had a wonderful experience." She also slept better.

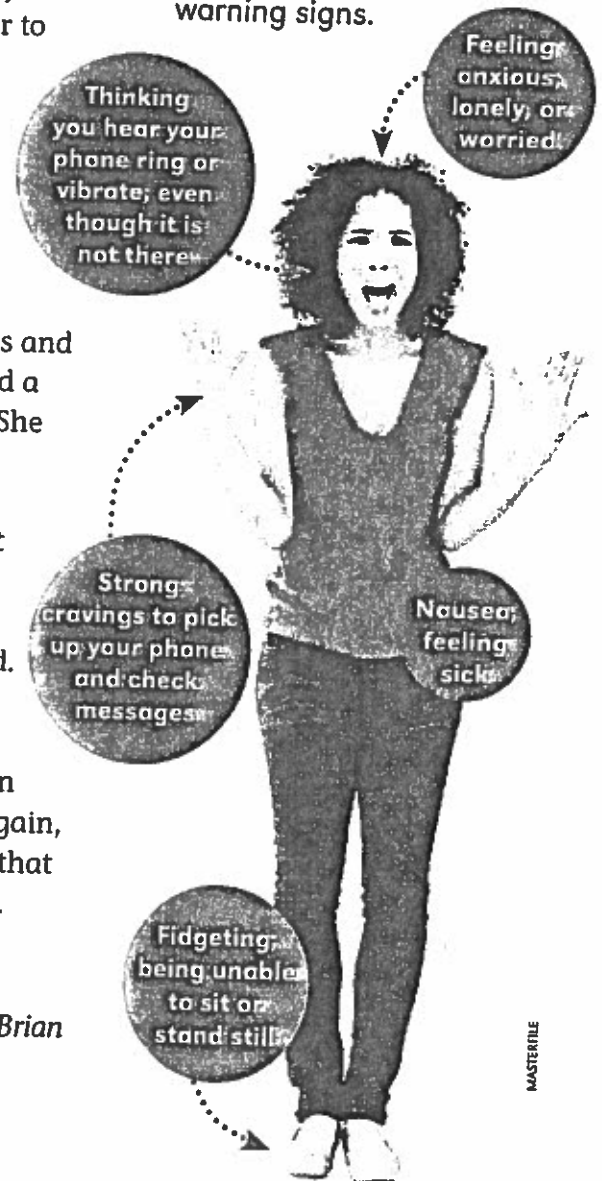
Franchesca decided to continue the experiment for a while. "I think I'll be so much smarter and healthier," she explained. "Everybody in the world should try it."

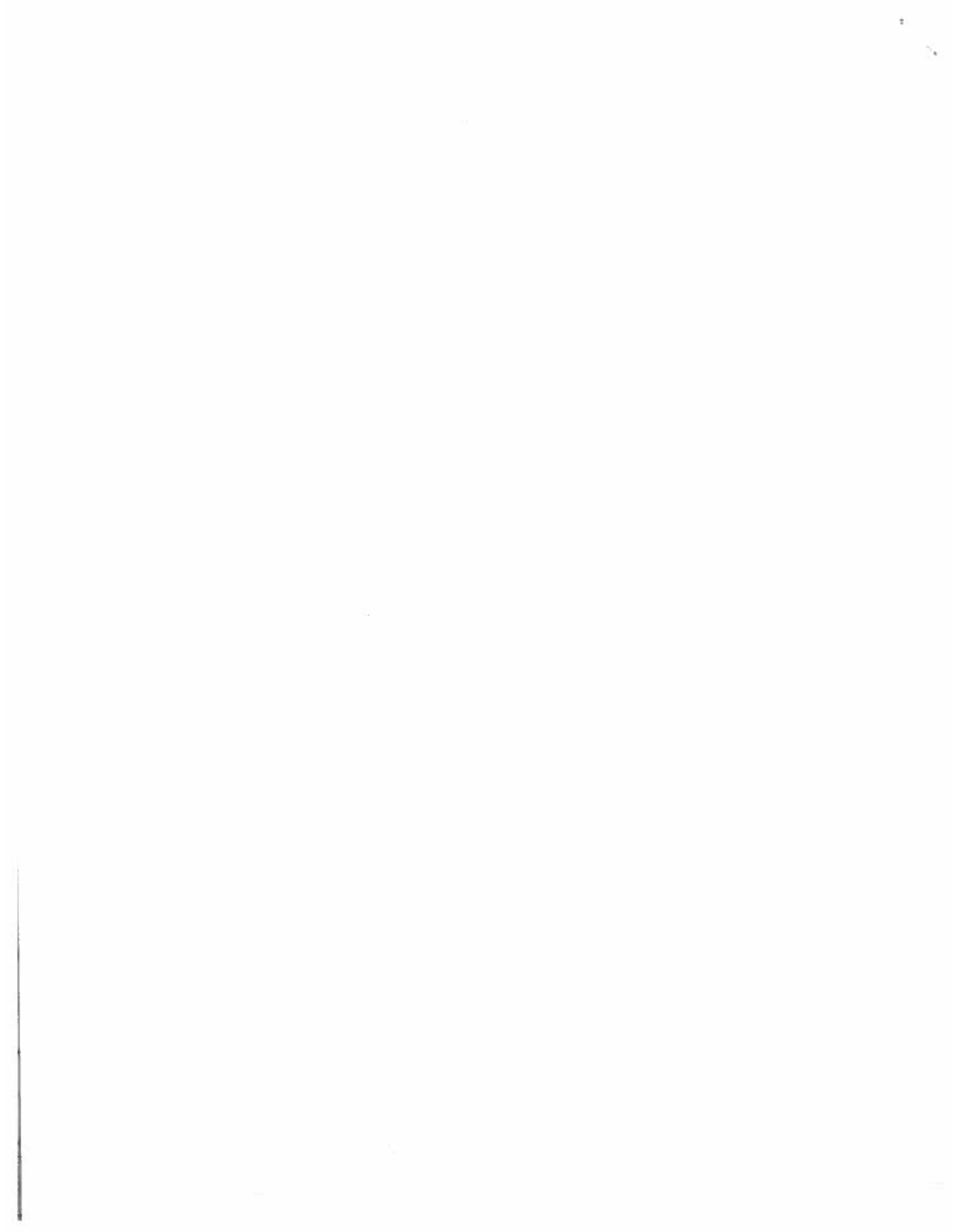
Kenny has no intention of giving up his phone again, but he now understands that he can survive without it. "It was a reality check," Kenny noted.

—Sarah Jane Brian

Signs of Addiction

Many teens report troubling problems when they try going without phones and technology. One recent study asked students to give up phones and electronic media for 24 hours. The result? One in five people experienced changes in their bodies or emotions that are signs of possible **addiction**. Look below for some of these warning signs.





Name: _____

Test Your Knowledge

SKILLS:
Reading-Comprehension
Test Prep

COMMON CORE ANCHOR STANDARDS:
L.3, R.1, R.2, R.6, W.9

USE WITH:
"Two Days With No Phone," p. 4

Answer these questions about "Two Days With No Phone." Fill in the bubble next to the best answer for each question.

- This article is mainly about _____.**
 - (A) Kenny's problems with schoolwork
 - (B) Franchesca's social life
 - (C) the importance of texting
 - (D) the value of not texting too much
- Why did the author include a diagram showing signs of addiction?**
 - (A) to confuse readers
 - (B) to help readers figure out whether they have an addiction
 - (C) to tell people with addictions how to get help
 - (D) to help readers remember vocabulary words from the article
- Overall, the reader can infer that Kenny was more _____ than Franchesca was.**
 - (A) cheerful
 - (B) interested in sports
 - (C) attached to his phone
 - (D) excited about the experiment
- Which fact supports the inference you made in question 3?**
 - (A) Kenny slept with his phone under his pillow.
 - (B) Kenny went to the gym during the experiment.
 - (C) Franchesca said she sent too many texts to count.
 - (D) Kenny is 16.
- You can infer that Kenny "slept for 18 hours" because he _____.**
 - (A) got a comfortable new bed
 - (B) was sick
 - (C) was tired from playing sports
 - (D) had lost a lot of sleep in the past
- Which statement does the text support?**
 - (A) Teens should not own cell phones.
 - (B) Texting helps teens become better spellers.
 - (C) Getting enough sleep is very important.
 - (D) Teens in Rhode Island don't need phones.
- Why did the author include quotes from Dr. Dowdell? What do her quotes add to the article?**

- Franchesca thinks more phone-free days will make her smarter and healthier. List two facts from the article that support her statement.**

RESET TEST ANSWERS

Name: _____

Cause and Effect

A *cause* is something that makes something happen. An *effect* is what happens. Below, write the cause of each effect found in the article "Two Days With No Phone."

SKILL:
Cause and Effect

**COMMON CORE
ANCHOR STANDARD:**
R.3

USE WITH:
"Two Days With No
Phone," p. 4

Cause	Effect
1	Teens may not learn correct spelling and grammar.

Cause	Effect
2	Kenny didn't have to pay attention to gossip, and he felt less stressed.

Cause	Effect
3	Franchesca decided to continue living phone-free for a while.

Name: _____

Vocabulary Review:

Two Days With No Phone

SKILLS: Vocabulary Review/ Context Clues
COMMON CORE ANCHOR STANDARDS: L.4, L.6
USE WITH: "Two Days With No Phone," p. 4

The words in the Word Bank below were defined in the story "Two Days With No Phone." Do you remember their meanings? Choose the best word to fill in each blank.

Word Bank

access addiction depressed isolated statistics

1. For the spoken part of the test, each student was _____ from the others.
2. Recent _____ show that most kids support the same presidential candidates that their parents do.
3. If I need help with homework, I can _____ my teachers through our school's website.
4. After Liz's dog died, she was too _____ to care about school or sports.
5. My brother is crazy about video games. It's like an _____.

More practice: Complete the sentences below in your own words.

6. One result of having a drug addiction might be _____.
7. It's no wonder that Evan became depressed after _____.
8. Katie used football statistics to prove that _____.
9. My mom is a teacher, so I can't always access her during _____.
10. Adam sometimes feels isolated when _____.

