

*Dans le cadre de leur réflexion sur l'impact du progrès moderne sur notre façon de vivre, les 1ères LVA ont rédigé un article afin de donner des conseils pour être moins dépendant des nouvelles technologies. Après avoir défini leur degré d'addiction aux nouvelles technologies à l'aide d'un quiz, les élèves ont réfléchi à différentes façons de faire ce que nous avons appelé une « detox numérique ».*

*Chaque groupe a rédigé un article donnant cinq conseils, puis l'ensemble de la classe a voté pour les meilleurs conseils afin de former l'article final. Cet article est donc le fruit de la collaboration de l'ensemble du groupe.*

## **Here are 5 ways to unplug and digitally detox your life.**

Technology makes you stupid, it is bad for your eyes. Because of it, your relationships go bad because you are always on your phone. Phone is a drug like cigarettes or alcohol: if you want to make a detox, put your phone in a strongbox. Here are some advice on how to unplug.

### **1- Use an old phone without applications, music and internet**

Go to your grandparents' and steal their phone which can only be used to call. That's what a phone was made for in the beginning!

**2- When you wake up you shouldn't look at your phone** or this will hurt your eyes and make you miss sleeping time. If you increase your sleeping time, you will be in a better mood, more attentive and more present with your friends!

### **3- Play a game with your friends: the loser must to pay the bill for everyone.**

When you hang out with friends, everyone is on their phone and nobody pays attention to the neighbours and in the end, you could be doing the same thing on your sofa.

At the restaurant, make a tower of phones, the first of you who uses their phone must pay the bill. A good way to enjoy your parties!

### **4- When you're going to a show, open your eyes and leave your phone at home.**

Have you ever been disturbed by a man in front of you who's watching a show with his Ipad or his phone? When you do it as well, you have to realize that the people behind you are living the same thing. Just stop filming everything you live and enjoy it with your own eyes and your ears, the best memories you can have are in your head.

### **5 - BOB 2.0**

Let me introduce you to BOB. It's like a Designated Driver but it sounds better like that. So, our BOB is somebody who kindly agreed to stay sober and to be the guardian of the phones in order to drive you home safe and release you from the hassle of taking pictures and videos for Snapchat, so you can enjoy the moment. Isn't our creation fantastic? :D