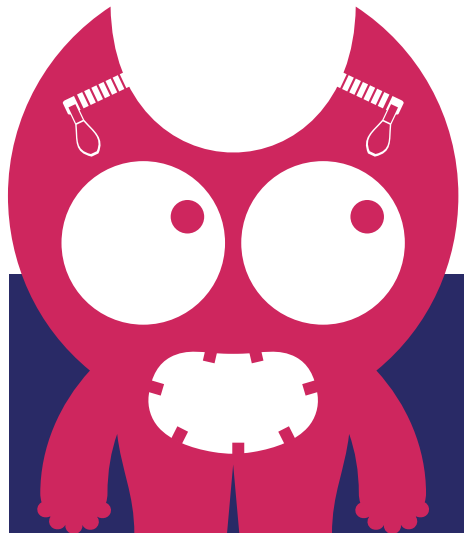


DIGITAL JOURNAL

BY DR ALEX RODRIGUES



DIGITAL
BIRDS & BEES



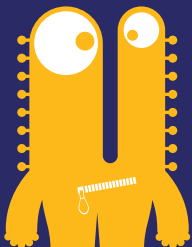
THE GOOD.

THINK ABOUT A **GREAT EXPERIENCE YOU HAD ON YOUR PHONE.** WRITE ABOUT IT OR DRAW A PICTURE IN THE BOX TO THE RIGHT.

WHAT WERE YOU DOING?

WERE YOU TALKING TO ANYONE?

WHAT MADE YOU FEEL SO GOOD?



WHAT ARE YOUR TOP 3 APPS?

01. _____

02. _____

03. _____

WHAT APP DO YOU HATE USING? WHY?

WHAT IS THE WORST GAME EVER? WHY?

THE BAD. AND THE UGLY.

WHAT APP FRUSTRATES
YOU THE MOST? WHY?

HOW MANY MINUTES DO YOU
THINK YOU CAN GO WITHOUT
LOOKING AT YOUR PHONE

5, 10, 15, 20

30, 45, 60+

ANGER *[@#[*^

HAVE YOU EVER THROWN
YOUR PHONE?

YES / NO

WHAT 5 FEELINGS DO YOU MOST
EXPERIENCE WHEN ON YOUR PHONE?

HAPPY

ECSTATIC

ENERGIZED

ANIMATED

ALIVE

LOVED

SAVVY

SUPPORTED

EXCITED

CONNECTED

CONFUSED

“MEH”

CONTENT

SURPRISED

INDIFFERENT

ANGRY

TRIED

WORN-OUT

IRRITATED

BOTHERED

LOST

DEPRESSED

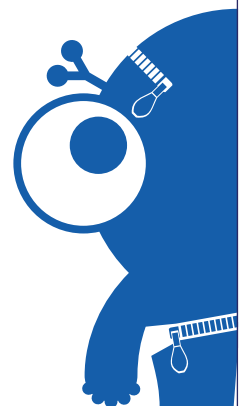
SAD

BETRAYED

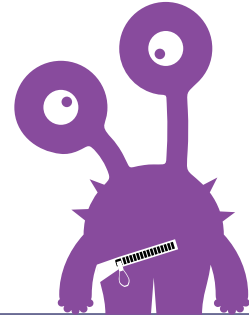
SICK

PISSED

RAGE



PARENTS AND ADULTS



WHAT DO YOU THINK YOUR PARENTS OR ADULTS IN GENERAL UNDERSTAND ABOUT YOU AND YOUR PHONE?

- 01. _____

- 02. _____

- 03. _____

- 04. _____

- 05. _____

- 06. _____

WHAT DO YOU THINK IT IS IMPORTANT FOR ADULTS TO UNDERSTAND?

- 01. _____

- 02. _____

- 03. _____

- 04. _____

- 05. _____

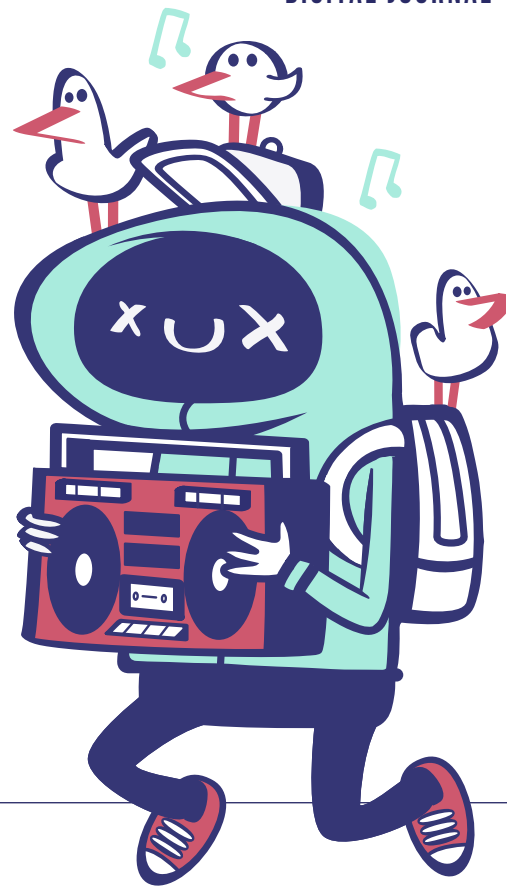
- 06. _____

WHAT WOULD YOU DO IF A "RANDO" MESSAGED YOU ONLINE? WOULD IT BE OKAY TO RESPOND BACK? WHY OR WHY NOT?:

THINK ABOUT A TIME A FRIEND DID SOMETHING ONLINE THAT WAS UNHEALTHY, WHAT DID THEY DO?

WHAT MISTAKES DO YOU THINK THEY WISHED THEY COULD TAKE BACK?

HOW COULD THEY HAVE RESPONDED DIFFERENTLY?



Draw a picture or word to describe risky activity online

Draw a picture or word to describe dangerous activity online

MY WEEK

SUNDAY

MONDAY

TUESDAY

THURSDAY

WEDNESDAY

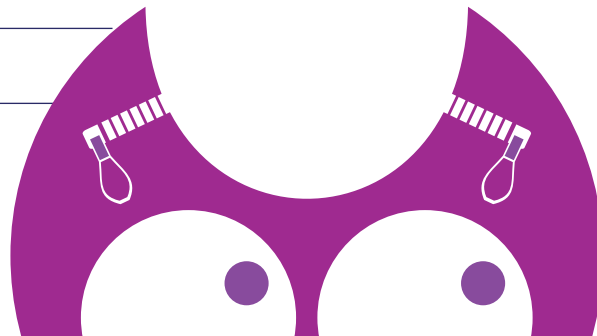
FRIDAY

SATURDAY

HAPPY
ECSTATIC
ENERGIZED
 ANIMATED
 ALIVE
LOVED
SAVVY
 SUPPORTED
EXCITED
CONNECTED
 CONFUSED
 "MEH"
CONTENT
SURPRISED

INDIFFERENT
ANGRY
 TIRED
WORN-OUT
 IRRITATED
 BOTHERED
 LOST
 DEPRESSED
 SAD
 BETRAYED
 SICK
 PISSED
 RAGE

REMEMBER! We're not looking for perfect. just want to find the tough things that we can work on together!



WHAT HAPPENED?

SUNDAY

MONDAY

TUESDAY

THURSDAY

WEDNESDAY

FRIDAY

SATURDAY

TODAY IS _____

and i feel... because.....

MORNING

EVENING

AFTERNOON



WRITE DOWN 2 GOALS FOR TODAY

01.

02.

TODAY IS _____

and i feel... because.....

MORNING

EVENING

AFTERNOON

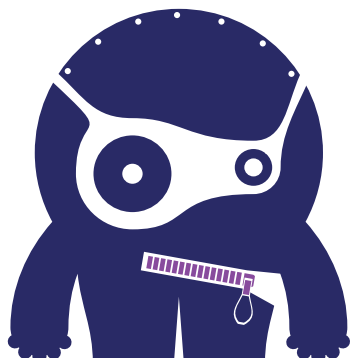


**WRITE DOWN 2 GOALS
FOR TODAY**

01.

02.

DIGITAL BIRDS & BEES



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