

Leo's Story

Leo hasn't been sleeping well lately and he can't figure out why. If you look at his after-school schedule for a few days this week, can you figure out why he may be having trouble falling asleep and staying asleep? What can he do differently?

Wednesday

3:30pm-5pm: school basketball practice

5:30pm: dinner with his family

6pm: shower

6:30pm: homework

7:30pm: Tiktok time!

8:30pm: watch some videos about F1 racing

9:00pm: plays mario kart to entertain his younger brother

10:30pm: The internet is switched off by his parents. Leo heads to bed, but decides to use some of his phone data to watch a few more prank videos.

11:00pm: falls asleep after lying in bed for what feels like a long time

Thursday

3:30pm: goes home, grabs a bag of chips and watches a series on Netflix

5:30pm: dinner with his family

6pm: study for a test

7:00pm: chat with friends online

8:30pm: shower

9pm: watches a show with his brother

9:30pm: The internet is switched off by his parents. Leo flicks on the data on his phone and sees a message come through on Snapchat from his friend, Raph.

There is something going down between two other guys, Diego and Matias. Leo's mom comes to his door to tell him to go put his phone downstairs, but she doesn't come to check that Leo has done it. Leo sneaks his phone under his covers and keeps on seeing what messages come through. He finally turns off his phone around midnight when his eyes start to feel scratchy, but his thoughts are swimming.

Friday

3:30pm: After school, Leo goes home, watches a few YouTube videos about snowboarding tricks.

5:30pm: Dinner with his family. Pizza night with Coke

6pm: No studying tonight, because it's Friday! He starts a movie with his brother, but keeps his phone nearby and is messaging through the movie.

8pm: They start a second movie, but Leo barely notices. On the chat, Mateo said something about Leo's stomach being fat. Mateo thought he was only sending the message to the boys' chat, but he sent it to their whole class chat by mistake.

9pm: Leo feels shame burning in his cheek and goes to his room.

9:30pm: The internet is switched off by his parents. Leo doesn't even bother pretending to go put his phone downstairs. He doesn't know what to do but he doesn't even feel like he can tell his parents since he's not even supposed to be on his phone right now! He turns off the light in his room and tries to go to sleep, but he's just tossing and turning ...

Questions

1. How much time does Leo spend looking at a screen from the moment school ends until he goes to bed each day?

Approximately _____ hours

2. Why is Leo having trouble falling asleep and staying asleep?

3. Is his time spent online with friends helping him feel positive?

4. How is his tech use affecting his body image?
