



# Teen Leadership 20

## Intended Audience:

- Teens

## Lesson Objectives:

Participants will:

- Appropriately use cell phones during meetings and other events.

**Time:** 20 minutes

## Equipment and supplies:

- 2 timers with a second hand
- Crayons, markers, or colored pencils (something with a variety of colors)
- Paper (1 piece for each participant)
- Chalk or white board or other large piece of paper
  - Marker for this item

## Do Ahead:

- Review lesson
- Prepare equipment and supplies
- On a board/piece of paper (behind participants), write down what they will draw (see activity for task).

## Cell Phone Etiquette at Meetings

### BACKGROUND

Cell phones can enhance productivity and connectedness to friends and family members, but they can also detract from the effectiveness of individuals. Many times individuals are distracted during meetings, which leads to wasted time and productivity. In order to use cell phones to benefit the person, it is important to understand how they can hinder instead of help.

### WHAT TO DO

#### Activity:

- Give the participants a task of drawing a house, complete with roof, 2 windows, door, fence, 2 clouds, tree, grass, 5 birds, and sun. Tell them they have 5 minutes to complete the task. (Make sure to actually set a timer for 5 minutes.) Do not give them any indication they will be interrupted during the task. Tell participants to let you know when they have completed the task.
- Set a timer for every 30 seconds. Every time the timer goes off, have the participants perform one of the following (one item per each time the timer goes off). Make sure to set the timer again as soon as it goes off (so the timer will be going even while participants are engaging in the tasks.)
  - Do 5 Jumping Jacks.
  - Ask the group to come to a consensus of what you should eat for breakfast the next morning.
  - Stand up and sit down 3 times.
  - Walk around the room.
  - Sing "Row, Row, Row Your Boat" 3 times.
  - Change seats with another participant; make sure to take all supplies with you.
  - Stand up and do "Head, Shoulders, Knees, and Toes" motions 3 times.
  - Ask the participants to respond to the question, "Is it a sunny day?"
  - Draw a star, square, triangle, circle, and rectangle on your paper.
  - Stand up, turn around two times and sit back down.
  - Run in place for 10 seconds.
  - Clap your hands for 10 seconds.



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- Tell your neighbor what your favorite dessert is and how often you are able to eat it.
- Drop your writing utensil on the floor and pick it up.
- When the time is up, regardless of if the participants are finished or not, have them put their writing utensils and papers down.
- On the back of their paper, give participants the same task of drawing a house, complete with roof, 2 windows, door, fence, 2 clouds, tree, grass, 5 birds, and sun. Tell them they have 5 minutes to complete the task.
  - Do not interrupt them at all while they are completing the task.
  - Have them let you know when they have finished their design.

## TALK IT OVER

### Reflect:

- What distractions did you encounter while trying to complete the task?
- Which time was easier to complete the task? Why?
- What difference was there between the end results of your designs?
- How do cell phones distract you (or others) from meetings or at other venues?
- How do other people's cell phones distract you (or others) from meetings or at other venues?
- If individuals did not have cell phones at a meeting (or other event), what would the difference be?
- Besides meetings, when is it inappropriate to use cell phones?
  - Sample answers: During class, when completing homework, at work, at the dinner table, when having a one-on-one conversation with a person, movie theater, while driving, places of worship, buses, taxicabs, 4-H camp, etc.

### Apply:

- Share how you will be more mindful of using a cell phone.
- Put your cell phone away when at meetings, classes, or other areas where your attention may stray if you are distracted by a cell phone.

### Considerations for Conducting Virtually:

- Make sure participants have proper supplies prior to the meeting. Make sure to put the instructions in a visible location such as screen share so they can refer to it often.
- Some of the instructions / tasks and interruptions need to be altered. (e.g. change seats with another participant; make sure to take all supplies with you). Replacement ideas include:
  - Search for a topic on the internet (e.g. how to change oil in a car)
  - Check something on social media
  - Give a thumbs up or other reaction

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