10 FACTS



about screens

01

Our cell phone harbors 10 times more bacteria than a toilet bowl... 7,000 on average!

03

The daily distance scrolled in one day is equivalent to a 12-story building!

05

36 % of young people wake up at least once per night to check their phone.

07

FOMO (the Fear Of Missing Out), is the anxiety that urges us to constantly check notifications and messages in order to "calm" our fear of missing something important.



09

Phubbing (snubbing with a phone), is when we ignore people physically present by being on our cell phone instead of talking with them.

02

In 2018, distracted driving killed more people than drunk driving.

04

Visual and auditory notifications reduce our capacity to concentrate.

06

Taking selfies result in more death (drownings, falls, etc.) per year than shark attacks.



08

Just like slot machines, apps and video games are designed to hook us, even if we think we are immune.

10

The information we share on the web and our web searches leave permanent traces. Yes, permanent! It's known as our digital footprint.

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