

Aaliyah's Story

Aaliyah hasn't been sleeping well lately and she can't figure out why. If you look at her after-school schedule for a few days this week, can you figure out why she may be having trouble sleeping? *What can she do differently?*

Wednesday

3:30pm-5pm: volleyball practice

5:30pm: carpool home, checks her phone

6:00pm: shower

6:30pm: dinner with her family

7:30pm: Chill, scroll through Tiktok

8:30pm: work on a school presentation on computer

9pm: watch some videos

10pm: the internet is switched off by her parents. Aaliyah heads to bed, but decides to use some of her data to watch a few more videos.

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

Thursday

3:30pm: go home, watch a few shows on Netflix. Seeing all the young women in the show, she wishes she had their hair and clothes.

5:30pm: dinner with her family (pizza and soda)

6pm: homework

7:30pm: group FaceTime with friends on her laptop

8:30pm: shower

9pm: watch a show with her sister while texting friends

10pm: The internet is switched off by her parents. Aaliyah flicks on the data on her phone and sees a message come through on Snapchat from her friend, Cali. There is some drama going down between two other girls, Lily and Jasmine.

10:30pm: Aaliyah's mom tells her to go put her phone downstairs, but she doesn't come to check that Aaliyah has done it. Aaliyah sneaks her phone under her covers and keeps on seeing what messages come through.

11:30pm: She finally turns off her phone around midnight when she can hardly keep her eyes open.. She wonders: *Do my friends also talk this way about me, if they say these things about each other? If only I had money to buy new clothes to look like they do, I'd be more popular.*

Friday

3:30pm: goes home, checks her instagram and sees a few tutorials on getting the perfect foundation for her skin that girls her age are using

5:30pm: dinner with her family. Pasta night!

6pm: no studying tonight, it's Friday! She starts a movie with her two sisters, but keeps her phone nearby and is messaging with friends through the movie.

8pm: They start a second movie, but Aaliyah barely notices. Cali said something really embarrassing about Aaliyah having "nasty" hair. Cali thought she was only sending the message to Lily, but she sent it to their whole group chat.

9pm: Aaliyah feels like she's about to cry so she quietly goes to her room.

10pm: Aaliyah doesn't even bother pretending to go put her phone downstairs. She's reading all the other messages from boys and girls in her class about her appearance. She's desperate and doesn't know what to do, but she doesn't feel like she can tell her mom or her sisters. She's not even supposed to be on her phone right now!

11pm: She turns off the light in her room and tries to go to sleep, but her head is spinning...

Questions

1. How much time does Aaliyah spend looking at a screen (phone, computer, TV) from the moment school ends until she goes to bed each day?

Approximately _____ hours

2. Why is Aaliyah having trouble falling asleep and getting enough sleep?

3. Is her time spent online talking to friends helping her feel positive about herself? Her life?

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

5. How many hours of sleep should you usually get each night?

Approximately _____ hours

6. Do you think Aaliyah is getting enough sleep? YES or NO

7. What are three things that you would recommend for Aaliyah to do?

1.

2.

3.