

obsessive social media disorder

t h e 3 0 - d a y s o c i a l m e d i a d e t o x



Hi! We're four Year 9 students from RCHK who have set out on a generally impossible quest - tearing teenagers away from harmful forms of social media. We've become more aware of our peers and their obsession with presenting the perfect image of themselves on social media.

We hope that with this 30-day detox, we can communicate to our generation that it's not necessary to look perfect, to compare yourself with others or to be absolutely flawless. Our goal is to promote the use of less toxic and stress-inducing apps. The stigma currently associated with the phrase "educational apps" are those made a million thousand years ago, so ancient that they hardly work properly. We wish to be able to get rid of this stigma, and allow our peers to understand that educational apps can be informative and interesting at the same time.

Through this book, we hope to be able to get through teens. As their friends and peers, we speak the same language, and we hope that through our website (www.something.com) and this guidebook, we'll be able to reduce the unhealthy obsession with social media nowadays and encourage more positive morals.

Thank you for giving us a chance, and we hope that this guidebook helps you feel a little better in your life.

- Serena, Michelle, Maki and Sean :)

the 4 components

during this 30-day detox, you will be going through 4 phases.

phase	day	focus
1	1-10	awareness and change
2	11-16	living in the moment
3	17-23	sense and sensibility
4	24-30	your life, your choice

awareness and change

“the awareness of our own strength makes us modest. ”

paul cezanne

day 1

today you will be starting the first phase of your 30-day social media detox. by the end of this phase, you should have decreased your social media use by around a quarter.

your first step is to get your screen time app. on apple, you should have a built-in app. on android, download *QualityTime* and create a free account. this will help you track your social media use throughout this detox.

use your social media as normal today, and log it into the first page. how long do you normally use social media? what apps do you use?

tick off all the social media apps you use and aim to use less of

- | | | | |
|--------------------------|-----------|--------------------------|-------|
| <input type="checkbox"/> | Instagram | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Snapchat | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Reddit | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Pinterest | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Twitter | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Tumblr | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | YouTube | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Netflix | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | Tik Tok | <input type="checkbox"/> | _____ |

write down your social media use everyday here

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

day 2

today you will be going to a library or a bookstore, and borrowing/buying a few books that you find interesting. when you get home, completely shut off your phone, get in a comfortable position, and force yourself to read for *at least* 30 minutes.

using your screen time tracking app, monitor your social media use, ensure that it is less than the day before, and log it in on the calendar. throughout the day, even if you feel the urge to go on social media, keep reading the book.

day 3

today you will be leaving the house (unbelievable, we know). if you want, bring a friend (or your pet) with you. if you have a friend with you, both of you put your phones on silent and store them away in your bags. head out to a cafe, get a nice drink and talk. if you're on your own, sit back and observe the people around you. bring a notebook to doodle draw, or write to your heart's content.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 4

today you will be leaving the house yet again. it's time to get moving! bring a family member, a friend, or a pet along with you and go to a nearby park. walk, jog, and do some sports. instead of listening to music, look around you and listen. do you recognise these people? are there any cute dogs nearby? have a bit of a chat with the people you encounter, and who knows? you might make some new friends.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 5

back to the books today! like you did on day 2, shut off your phone and get in a comfortable position. grab the book you were reading last time, or a new one if you finished. read for at least 40 minutes this time, and if you get distracted or finish early, try reading another book or picking up a pen and writing your own story.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page. for the rest of the day, if you feel the urge to go on social media, keep reading the book.

day 6

get some sun today! grab a few friends or family members and organise an outdoor party. stop by a supermarket and buy some bags of chips, food and drinks. bring along a pack of cards if you want. then stop by a park or the beach and have a barbecue.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page. your social media use should be an eighth less than you originally recorded. if not, target to reach that point tomorrow.

day 7

time to get down and a little dirty! roll up those sleeves and decide how you want to get messy. activities such as baking, playing outside or painting count. throw yourself into it and make sure to leave your phone somewhere far away, notifications off, the whole time. try to do the activity for at least an hour, but if you have time and you feel like it, why not spend the whole day doing it?

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 8

get out and play! grab a basketball, football or *any* kind of ball, and a friend or two while you're at it. it's time to get moving and shake it up, baby! if you already play sports or dance on a regular basis, take this as a challenge. try out a trick you've never tried before, or see who scores the most points. if you don't feel tired and sweaty after this task, did you actually try at all?

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 9

if you found this detox hard so far, just remember it's the second last day of your first phase! do a quick search online and find a museum that you've never been to, or want to visit again. there are museums out there that are free, but most of them don't cost that much. instead of wandering around like a lost soul, carefully observe and try to understand what you see. take photos if you wish, but turn off your wifi and data before entering the museum.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 10

today's the last day of the first phase! whew! by now, your social media use *should* have decreased by around a quarter or so. it's time to be social **again!** yay! drag your family or friends along to the mall, grab a bite to eat, and go window shopping, whether it be to look at airpods, sneakers or clothes. make some observations, jokes and memories as you revel in the company of the people you like spending time with.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 11

today is the first day of your second phase - you'll be spending *even* less time on social media now and the apps you ticked earlier.

shut off your phone completely, grab some paper and pen, and write. write what comes to mind, whether it be a story or a recount of your day, but don't try too hard and just go with the flow. do this for at least an hour, and if you lose focus or get bored in the middle, read it out loud, edit, and edit some more.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

living in the moment

“living in the moment means letting go of the past and not waiting for the future. it means living your life consciously, aware that each moment you breathe is a gift.”

- *oprah winfrey*

day 12

your mission today is to leave the house. head to a boba tea place or restaurant with a friend or two, and try really really hard not to check your social media on your way to meet them. of course, you can use your phone to call or text them, but they should be switched to silent mode once you meet up. try to spend the whole time talking to them, getting to know them better and having face-to-face interactions instead of looking at a screen.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 13

sometimes getting lost is a good thing. head over to the nearest train station or bus stop, bring some extra money (or buy one of those tourist day tickets), and go take a tour of your city. get off whenever you see something interesting. explore the unique places you see. bring a camera along to take cool photos if you want, but make sure to keep your phone with you so if you *actually* get lost, well, you'll have your trusty GPS. turn off your notifications, though!

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 14

clean your room. fun! spend anywhere between two hours and a whole day to do this. you can read books on tidying techniques, such as the konmari method, to make the process easier. don't know where to start? sort your closet out first. you might find clothes you can give away to others or sell, so you can finally afford those airpods you've been wanting for some time. ha! limit your phone use to listening to music or checking the time only.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 15

even if you're not that much of an artsy person, it's time for you to put your artistic capabilities to the test. the challenge? create art, using only the materials you can find around your house. to make it even harder, use only the things you find in the room you're in *now*, like your bedroom or living room. no phones allowed, and try to spend at least two hours on this. your finished artwork doesn't *have* to be good, but make it look as good as your skills allow.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 16

it's the last day of your second phase! time flies so quickly, doesn't it? it's time to spend some time with nature. go hiking! the more out-of-the-way the hiking trail, the better. if there aren't any hiking spots near you, try going somewhere surrounded by nature and isn't too overrun with people. if you don't have the time to do this on a weekday, switch it with another day so you have enough time to do this without feeling rushed.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

sense and sensibility

“focus on how to be social, not on how to do social.”

jay baer

day 17

welcome to the third phase! you'll be trying new things and forming new habits. your task? download two (or more) of the following: flipboard, bbc news, scmp, quartz brief, and curiosity. yep, you're gonna be reading some *news!* get comfortable, read up on what's happening right now, or learn something new for 30 minutes. sounds boring at first, but you'll eventually have to know these things anyway. better to start now than be clueless later.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 18

today is all about pampering yourself. book an appointment at a massage place. get an hour-long, full-body massage and catch up on the sleep you've missed. dream about the places you want to go, a person, or a near-approaching holiday. during this time, turn off your phone and just *relaaaaaax*. your instagram dms and likes can wait, because let's face it: a massage is so much better than a number count on your little screen.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 19

today's task involves going back to our humble beginnings. remember reading a book in the beginning of this detox? you're doing that again. head over to the library and try to pick a book that's not typically the genre you like reading. switch off your phone and read for 2 hours. sounds like a *looooooong* time? read more than one book. bring your notes and study. keep your phone in your bag the whole time. like they say: out of sight, out of mind.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 20

another seemingly boring task that is actually quite interesting: open up one of your news apps and read for half an hour. see if any of the news articles you read last time have any updates, and take note of the new things happening. feel bored? download *quora* and read fascinating questions and answers, and make up some of your own! you might find it more interesting to learn about getting rich or obscure history facts than simply reading news articles.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 21

you're now three weeks into your detox, great job! the following task will be painful...but necessary. go to your settings and turn off your notifications. do this for all your apps, regardless of how often or how little you use it. keep the important ones turned on, like for messages, calls and news updates, but everything else must be switched off. you can't be distracted if you don't have any pesky notifications popping up every second. *logic.*

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 22

today's task is one that is sure to be...flavourful. it's time to cook! head over to a supermarket and purchase ingredients for a certain recipe you want to try out. if you're a total newbie, start with something simple, but if you think you're quite the culinary master, cook something more complex. follow along to a youtube tutorial or website, but don't check up on your social media - you could forget about your dish, and end up burning the house down! yikes.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

day 23

ah, the last day of the third phase. this is the last time we're *forcing* you to read up on the news, we promise! of course, if you started enjoying it, good on you! here's a task for you: pick *one* ongoing event, and try to understand extensively what's going on with it - whether it be a civil war or presidential election, you choose. find out how it started and what's being done about it. the older you get, the more important politics becomes. be aware of it.

using your screen time tracking app, monitor your social media use at the end of the day, try to ensure that it is less than the day before, and log it in on the calendar page.

your life, your choice

“he who has power over himself has power over his greatest enemy.”

matshona dhliwayo

day 24

welcome to phase 4! as you move into the last phase, your social media detox approaches its end. before moving on, take a few minutes to think back on yourself when you first started this detox. do you feel happier? less stressed? like instagram is less important? ponder how you've changed, and if you haven't, wonder why. did you fail on any of the days? did you cheat? did you feel bad about it? write it down. take a step back and see how you're doing.

from today till the end of your detox, you're responsible for keeping these new habits, ending your social media obsession, and learning to be more aware of your social media usage.

day 25

today's task is...well...up to you! do what you want to do. exercise, paint, read, bake...the limits are endless. if you want, you can even use social media. how much time you spend on it though, determines how much self-control you have, which is important once this detox ends and you find yourself alone. see how well you've managed to control your *osmd*. how did you do? How do you feel? Take note of these questions at the end of the day.

from today till the end of your detox, you're responsible for keeping these new habits, ending your social media obsession, and learning to be more aware of your social media usage.

day 26

did you do well yesterday? alright, good on you. we'll give you another day to choose what you want to spend your time on. maybe a second day of having social media right at your fingertips, ready for you to spend hours and hours browsing on, will be enough to lure you into your former social media obsession. fight it, and don't go easy on yourself, because your happiness matters. likes on instagram don't matter, your mental health does.

from today till the end of your detox, you're responsible for keeping these new habits, ending your social media obsession, and learning to be more aware of your social media usage.

day 27

today's task requires you to take a good, hard look at yourself. look into a mirror: what do you hate about yourself? what are you insecure about? your acne? your body? now ask this: did getting hundreds of likes on an instagram post make me feel wanted? did it feel good? if it did, focus on how you can make yourself feel that way without getting other people's validation. maybe you find fulfillment in making others happy. aim to work on that.

this task might make you uncomfortable, but you have to address the root of your obsession if you wanna knock it out of your life forever. it's not easy, and it's not supposed to be.

day 28

drawing on yesterday's findings, grab a piece of paper and a pen. list down what you don't like about yourself, why and how you can change it. if you don't like your acne, it might be because you feel it makes you ugly, and to change it, you want to visit a dermatologist. if you wanna better yourself, you first need an action you can take up. the goal here isn't to achieve perfection (that's impossible, btw), but rather to gain confidence in yourself so you don't feel the need to resort to people's praise to feel worthy.

resolve to carry out these changes. keep this list in your wallet or a notebook you use often and bring it everywhere with you.

day 29

today's task seems contradictory, but it's one of the most important steps to getting rid of your *osmd* once and for all: open up instagram, snapchat and whatever other social media apps you wanted to use less. spend time scrolling through them. do you get the same feeling going through your instagram feed from when you started this detox? perhaps, you feel a bit bored or restless. if so, congrats! you're no longer controlled by social media's suffocating grip. if not...you might want to avoid social media a bit longer and actively look for ways to find happiness in your actions and not on other people. remember that small steps lead to big changes.

day 30

you've made it! after 30 gruelling days of peeking at your phone for notifications, feeling bored after trying to read the same sentence in a book for the third time, and grumbling while you pick up your clothes off of your bedroom floor, you've made it to the end. spend today on relaxation and reflection. place your phone in front of you and stare at it like it's the only thing you see in the room. see that small, powerful device right there? you control it, not the other way around. keep that in mind as you go about your normal day, even as you check up on your snapchat throughout the day. when it comes to social media: use it, enjoy using it, but don't let it control you. congratulations!

notes

notes

notes

🔍 Thank you!

We're just a couple of 13 and 14 year olds, but we really hope we've gotten through to you. Our one goal throughout this book was to help you deal with your (possible) social media obsession and fill your life with some more meaning.

Social media can prove to be detrimental to your mental health, especially to teenagers. We hope that we were able to change your life for the better with the habits we encouraged you to take up throughout this simple 30-day detox.

Thank you so much for having a little faith in us! We're very proud to have written this book and, hopefully, changed your life for the better, no matter how small the change may be.

- Serena, Michelle, Maki and Sean :)