Outline for task 3:

Use scare tactics (like smoking ads)

Practices to fix issue- meditation (go to spot on campus), stepping outside, be with friends, athletics

Quotes:

A 2015 survey by Common Sense Media found that 67 percent of teens ages 13 to 18 have their own smartphone and spend an average of 6.5 to 9 hours per day using it and other electronic media.

we must find a healthy balance between smartphone use and other important aspects of our lives. (transition into ways to fix with this quote).