No Communication Media Challenge

Do you have what it takes?

You are challenged to go on a 24 hour “fast” of all communication using technology (texting, phones, computers, social media, live video gaming etc.). You may still watch television and/or movies, but no technology that helps you to interact with others.

If you take this challenge, you will need to turn in this form with the details filled out, a parent signature that you completed this task, and a short reflection of the experience on the bottom of the page. This challenge must last for a full 24 hours and be completed by Nov. 9, 2014. This is an optional assignment.

What’s in it for you?

* The challenge of seeing if you can survive
* New insights into how much technology controls your life
* 5 points of extra credit!

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**Once you have completed the challenge, fill out this form and return to Mrs. Cearley by Nov. 9.**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, took the “no communication media challenge.” I did not use any form of media/technology that would allow me to communicate with others for a full 24 hour period, including but not limited to phone use, texting, social media, live video gaming, etc.

Date and time I started:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date and time I ended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Student signature/date Parent signature/date

Write a short reflection about your experience (at least 6 sentences) on the back of this page for credit.