

Digital Detox

Thousands of the young people have decided to take part in the “Digital Detox”.

Many school children in Chester are giving themselves a challenge. To complete the challenge they need to keep off social media for a week.! This includes Facebook, Snapchat, Instagram, Twitter, YouTube and many more.

BBC Radio 5 have challenged pupils at Tarporley High School to go through a digital detox. A digital detox is an anti-social experiment. Last Wednesday they took the challenge.

It was everyone’s individual choice to keep to the rules, since they still had their phones, so they could access social media. But they were still allowed to call, email or text in case there was any emergencies.

The idea for this is for the children of Tarporley High School to experience what it was like before social media sites became a big part in our lives and to see how well we can manage without it.

This anti-social experiment has proven how we are so connected with technology and that our lives revolve around them.

The challenge finished yesterday and many children struggled and dreaded the weekend but improved through the week. This might have been hard, but they all have benefited from it. They have spent more time with their family and friends instead of being stuck on their phones for the day.

The girls of Bryn Hafren say that “I would be able to do it” said Charlotte, “I wouldn’t be able to” said Katie and Alysha said “No way”.

