

GOOGLE. DIGITAL WELL-BEING. TRANSCRIPT

What role does technology play in your life?

I think technology, in general, has been worked into everyone's day-to-day life.

It is the first thing I do when I wake up, and when I go to bed.

It's easy to just pick up your phone, turn it on.

Call a ride, and just go wherever you want.

New places to eat, new places to explore.

It's great to stay in touch.

I met my girlfriend on an online dating app, so I'd say that's a positive right there.

Do you feel like you're in control of technology or is technology in control of you?

Oof.

Oh it's definitely more in control of me.

My biggest issue with it is knowing when to stop.

Five and ten minutes here and there, and I feel like takes up, you know, takes up a bunch of my day.

I feel like it's in control of me, like if my phone's dead for like half the day or something, and I'm going crazy.

I think my math grade is the way it is because of my phone.

Now I notice my eyes are like a little, like I blink a little bit more, they get tired.

You should just throw his phone away.

Usually, I feel in control of technology. Usually.

Usually I can catch myself and be like, "You need to chill out."

I think you have to set a limit, and say that you control the phone, it doesn't control you.

I'd say most people hate on technology, but if you're using it for good things, I think it's really helpful.

Well we think it's important that they do have access to it and learn it.

Technology is, not so much as a necessary evil, it's a necessary good that could go either way. You know, the jury's out. It's up to us as to what we do with the technology.

VOCABULARY

bunch (noun) - a number of things of the same type which are growing or fastened together

the jury's out (idiom) - people have not made a decision or formed an opinion about that subject

well-being (noun) - general health and happiness