



# Social Skills



Grade 11



Mentee: .....

Grade: ..... Date: .....

### **SOCIAL SKILLS ACTIVITY:**

Watch the following clip and then answer the questions below:

<https://www.youtube.com/watch?v=OtVw2xArV0k>

- How do cell phones affect the quality of time spent with friends?
- Does having a phone present during social interactions make a difference? Why or why not?
- Why is it important to have moments with friends without cell phones present?
- How can excessive phone use impact communication and relationships?
- What strategies can help balance phone use and real-life social interactions?
- How do you feel when someone is on their phone while spending time with you?
- What are some ways to encourage/improve face-to-face conversations?

