As much as I love technology, I would love to not have a phone and be available. I think mobile phones are on the brink of becoming bad fast. We are asking a lot from technology and I’m afraid that we’re asking too much/that we don’t really want it or need it. I preordered this new phone called the Light Phone (<https://www.thelightphone.com/>). It is meant to be used for just calls and texts. I know that sounds appealing but take a moment to think about how that would really feel.

Our society now relies heavily on our phones. There have been studies showing that depression and anxiety is related to social media which we receive from our phones. That is a huge reason to not be pro phones. But connecting with each other is a huge factor in our society recently (probably because of phones).

In some ways phones are suitable for learning but I would say they’re more of a hindrance. People would get distracted and would abuse their ability to use phones in class or learning environments.