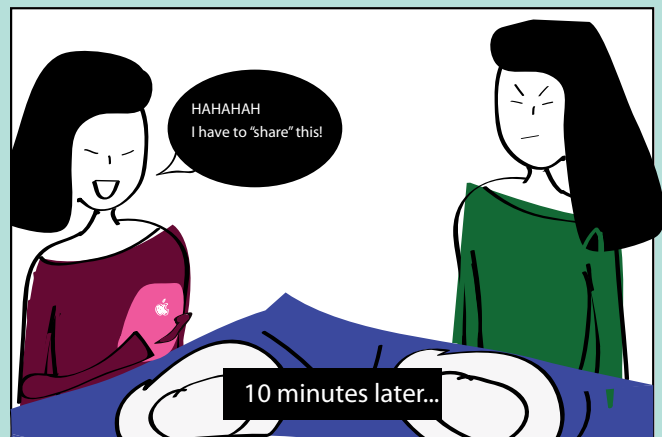
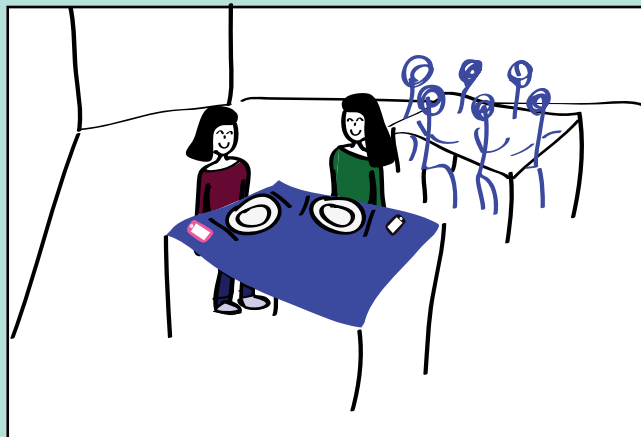
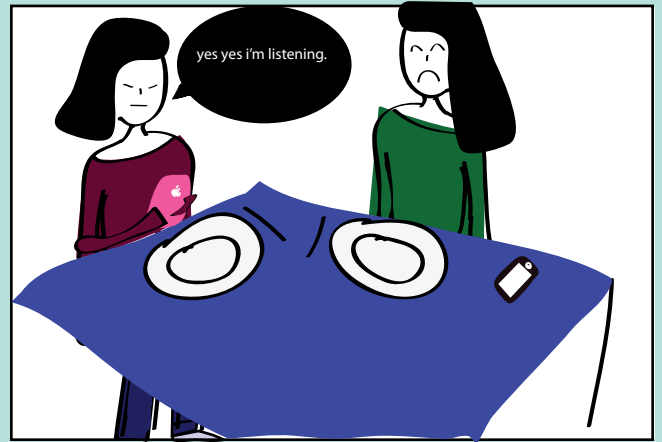
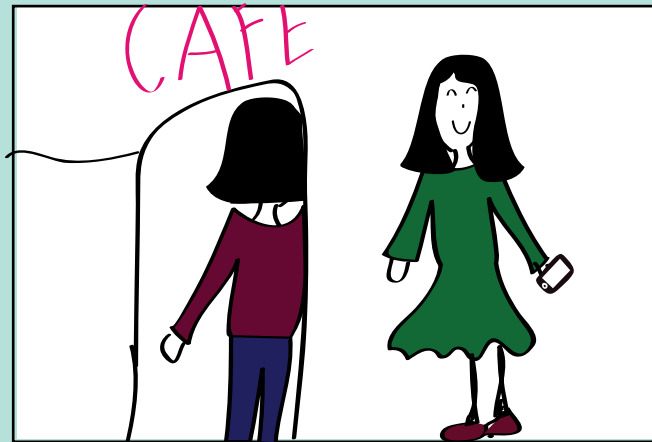
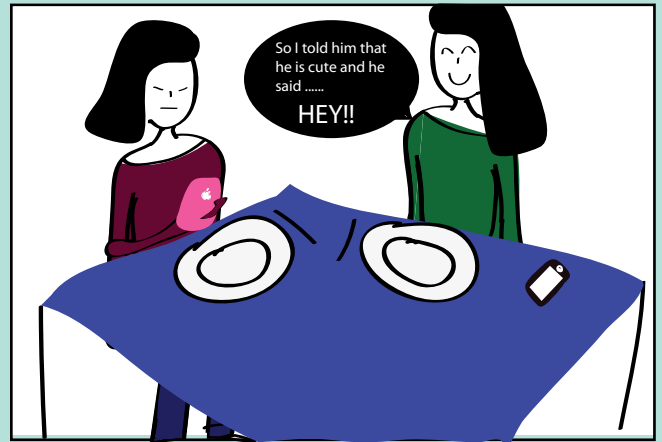
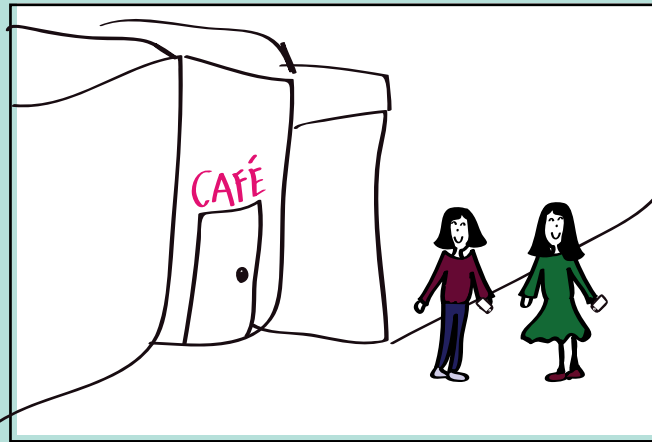


... **phubbing**


what is phubbing??

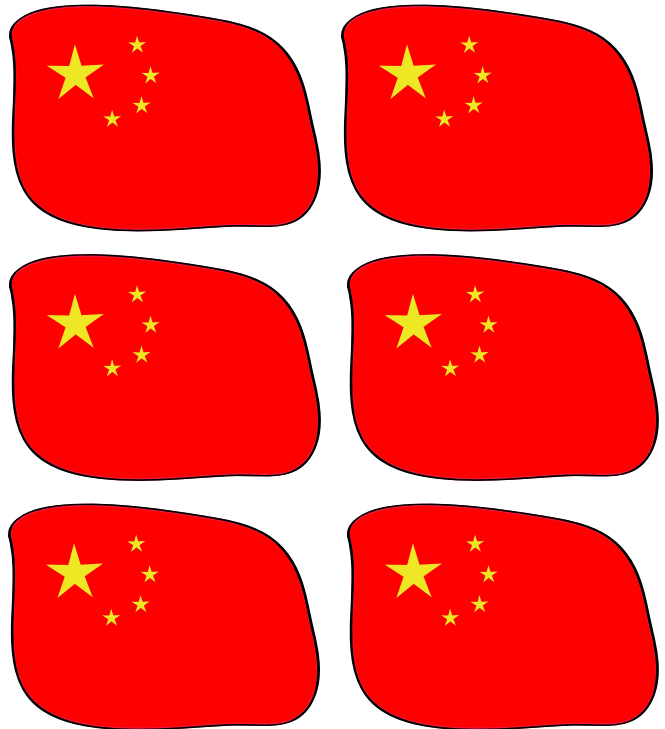
- The act of snubbing someone in a social setting by looking at your phone instead of paying attention.



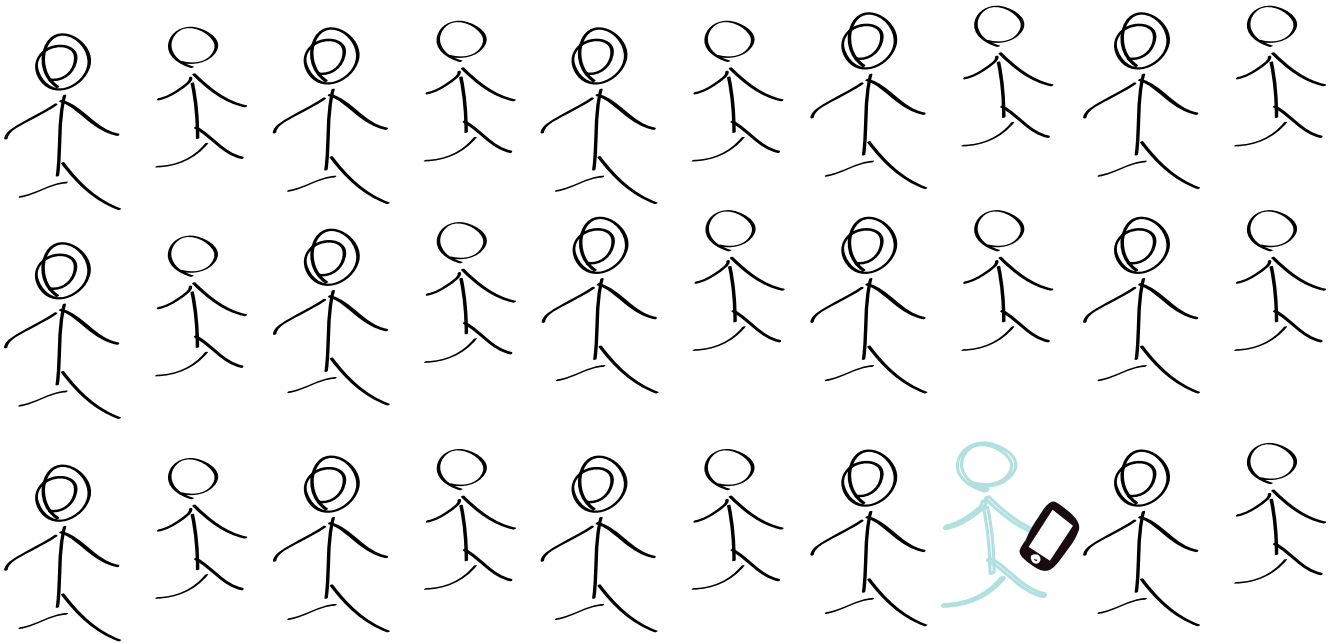


some phubbing statistics

 If "Phubbing" were a plague, it would destroy 6 Chinas

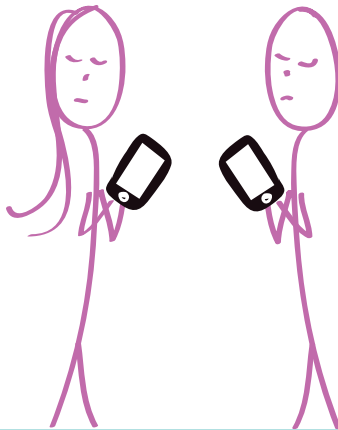


Every dinner with phubbing is equal to
570 days spent alone, while in a social
environment.





87% of teenagers prefer texting than talking face to face.



psychologically..

According to **Hande Cesur**, Madalyon Psychiatry Facility Media and Communication Expert, there are two major dangers of phubbing:

1- the possibility of damaging relationships because of the disrespectful attitude toward the society

2- decreasing the value of face to face communication

HOW TO AVOID PHUBBING?

When one gains weight they start a diet, why not do the same for phubbing?

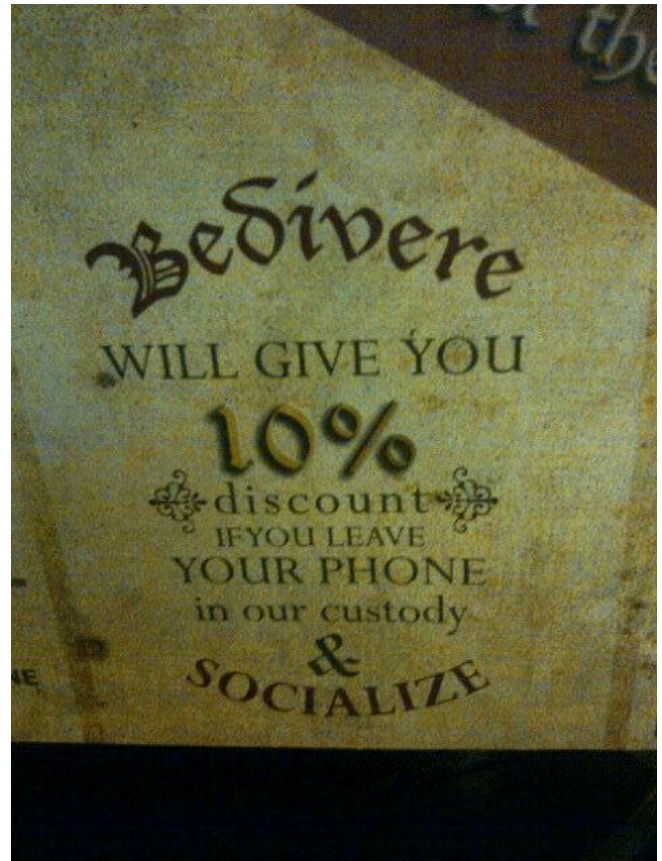
Start a phubbing diet!

how would you know if you are a phubber?

1. Do you hold your phone all the time?
2. When you wake up do you first check your messages?
3. Do you feel incomplete without your phone?
4. Do you look at your phone with one eye while you are with someone else?
5. Do you usually check your pages (facebook, twitter, instagram) in order to check the social media and share your moments?
6. Do you feel responsible about responding the e-mails even sent to you at midnight?

campaigns about phubbing

“The Bedivere Eatery & Tavern in Lebanon is giving a 10 percent discount to patrons who surrender their mobile devices to the restaurant during their meal. The policy is designed to encourage diners to socialize with each other, rather than staring at their screens through a meal.”



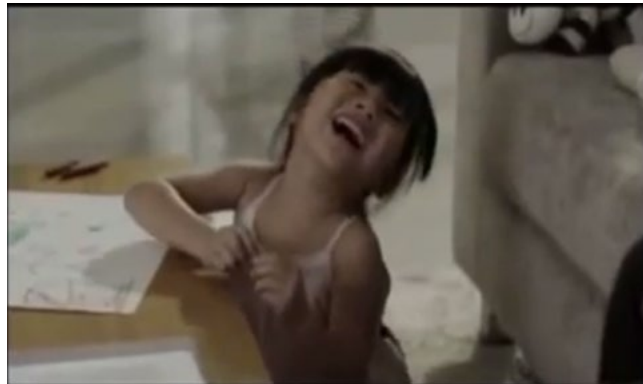
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<https://www.facebook.com/Stop.Phubbing>