



The Body Trap Parent Handout

The Body Trap is an interactive presentation designed for students in grades 6-8, tailored to their developmental stage. It helps students understand how their bodies communicate through physical and emotional signals and how screens can sometimes make those signals easier to miss. Students will explore the connection between technology, body awareness, stress, and the nervous system while learning practical ways to recognize warning lights, reset their systems, and make more intentional choices about technology.

Content

- Identify how screens reduce the internal sense that lets you feel hunger, thirst and fatigue.
- Exploration of how digital experiences including group chats, online conflict, exclusion, rumors, and gaming trash talk can trigger real physical responses.
- Introduction to the body's fight, flight, freeze, and shutdown responses when the nervous system detects a threat.
- Emphasis on recovery through sleep, food and water, movement and breathing, genuine rest, connection, and asking for help.

Objectives

- Develop an understanding of how the body communicates important signals to the brain.
- Identify how screens, digital habits, and online stress can affect the body and how to recognize physical and emotional warning signs overlooked during screen use.
- Identify practical strategies for responding to the body's signals and resetting.
- Reflect on personal technology habits and whether screen use is intentional or happening on "autopilot."

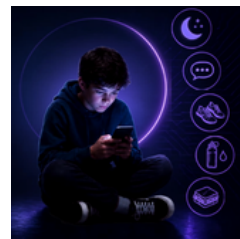
At-home Discussion Questions:

- What was surprising to you about The Body Trap presentation?
- What "warning lights" does your body give you when you are tired, stressed, hungry, or have been on a screen too long?
- Have you ever been so focused on a screen that you didn't notice you were hungry, thirsty, tired, or uncomfortable?
- Have you ever been on your device and realized that more time had passed than you expected? What do you think happened?
- How can digital drama, group chats, being left on read, or online conflict affect your body and mood?
- What helps you reset when you feel overwhelmed, tired, stressed, or "wired" after using technology?
- Before your next screen session, what could you do to make sure you are the pilot—not the app?

Scan for more



Information





The Body Trap Student Handout

Personal Tech REFLECTION



Pulse check

How well are you noticing what your body is telling you during and after screen use?

- | | |
|--|---|
| ☐ Almost Always | ☐ Never |
| ☐ Sometimes | ☐ I don't really pay attention |

Track it

Check your dashboard. After your next screen session, select which warning lights below are flashing.

- | | |
|---|--|
| ☐ Tired eyes | ☐ Feeling irritable |
| ☐ Headache | ☐ Racing thoughts |
| ☐ Tight neck/shoulders | ☐ Stomach drop |
| ☐ Brain fog | ☐ Feeling tired |
| ☐ Restless legs | ☐ Other: _____ |

Next, take control of the plane. Right now, my body needs:

- | | |
|---|---|
| ☐ Water | ☐ A screen break |
| ☐ Food | ☐ Quiet |
| ☐ Movement | ☐ Real life connection |
| ☐ Sleep | ☐ Help from someone |
| ☐ Fresh air/sunlight | ☐ Other: _____ |

What is one thing you can do in the next 10 minutes to respond to that signal? Notice, Name, and Respond.

- NOTICE: What am I feeling?
- NAME: What is my body telling me?
- RESPOND: What does my body need?

Digital Drama

Have you ever experienced:

- ☐ Being left out of a group chat
- ☐ Being left on read
- ☐ Online argument
- ☐ Gaming trash talk
- ☐ Rumors
- ☐ Worrying about tone

How does this manifest in your body?

Subtle Shift

I don't have to avoid all technology at all times. I just need to remember who is the pilot.

Autopilot

Think about the last time you picked up a device. Did you decide to pick it up or did it just happen?

- ☐ I decided to
- ☐ I was bored
- ☐ I got a notification
- ☐ I had FOMO
- ☐ I have no idea how it happened
- ☐ Other: _____