**Disconnected:**

**What happens when 100 teenagers wake up without their smartphones?**

**Book Abstract**

Imagine 100 high school-aged teenagers, boys and girls, city dwellers and residents of suburbs, “heavy cellular addicts” and regular users, disconnecting from their smartphones for one whole week. It sounds made-up, but this is what happened as part of a fascinating experiment that we recently organized, that serves as the basis of this book. For a long and challenging week, these teenagers documented their experiences in personal diaries, and described them in personal and group interviews. They described their physical and psychological feelings of life without their devices, the effect that disconnecting from their devices had on their social life and their family life, their management of time and routine tasks. The participants described how their lives looked without a smartphone by their side in school and during their free time, how they missed their devices, and felt its absence when waking up in the morning and in the moments before falling asleep, and even in their dreams, which were filled with longing for the digital friend that had been taken from them.

This book provides deep insights into the place of the smartphone in the daily lives of teenagers, and the digital culture of “Cellular Natives,” members of Gen Z. This book provides a new point of view on the questions that occupy researchers, parents, educators, and professionals: how and why did the cellphone become the dominant communication medium in the lives and culture of teenagers? How does it shape and influence their daily lives? Is the relationship with the cellphone one of dependence and even addiction, as many people claim? Or is a totally different type of relationship? In a world full of technology, the aspiration to better understand teenagers and even ourselves requires acknowledging the ways that these technologies are woven into every moment of our daily lives, for good and for bad.