



Time to go digital cold turkey for communication

CQUNIVERSITY'S Celeste Lawson is calling for a mobile phone and social media detox.

Dr Lawson, head of the university's Professional Communication Program, said there was a huge increase in people's reliance on digital technology these days.

"People have become addicted to mobile phones and social media," Dr Lawson said.

"It's known as 'fear of

missing out' where people have their phone on their person every minute of every day.

"It's creating a generation of digital media users who feel like they can't function without their devices.

"We need to learn to switch off for a little while and engage in human contact because it's been found that people who regularly communicate via technology have difficulty

communicating on a face-to-face level."

Dr Lawson (pictured) said some 'old school' rules of mobile etiquette needed to be reintroduced to the community of mobile users.

"If we reintroduce some phone etiquette we would find that people's face-to-face communication skills would improve."

