

## More on Social and Mobile Interaction



The desire to be more connected to family, friends and co-workers, combined with devices that are "always on," contributes to an innate need to have mobile devices available all day, every day, from early morning to late night. In fact, **one in five adults admits to checking their mobile device before they get out of bed in the morning.**

The top mobile etiquette gripes continue to be the **use of mobile devices while driving** (73 percent), **talking on a device loudly in public places** (65 percent), and **using a mobile device while walking on the street** (28 percent).

"The premise of etiquette and how we socialize with one another is not a new concept. Whenever we interact with another person directly or through the use of mobile technology, etiquette is a factor," explained author and etiquette expert Anna Post of The Emily Post Institute. "We can all be more cognizant of how we use our mobile technology and how our usage may impact others around us - at home, in the office and whenever we are in public."

As mobile etiquette guidelines continue to evolve, Anna Post offers these tips to those who use a variety of mobile devices on a daily basis:

- Practice what you preach: If you don't like others' bad behavior, don't engage in it.

- Be present: Give your full attention to those you are with, such as when in a meeting or on a date. No matter how well you think you multi-task, you'll make a better impression. The small moments matter.
- Before making a call, texting or emailing in public, consider if your actions will impact others. If they will, reconsider, wait or move away first.
- Talk with your family, friends and colleagues about ground rules for mobile device usage during personal time.
- Some places should stay private: Don't use a mobile device while using a restroom. Please.

**To be clear, the devices aren't "bad"-it's all in how we choose to use them.**

Most of us have good intentions. According to the recent Intel survey, respondents report seeing other people misuse their mobile technology five times in an average day. My challenge to you: find your number. Notice how many times a day you use your mobile device in a way that would bother you should someone else do it, and work toward zero.