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| --- | --- | --- | --- | --- |
| Date:  | Technology Used: | Hours | % of my waking day | Ethical Issues noticed |
| 01/03/18 | Instagram | 1 | 6.25 % | Photoshopped Images |
| 01/03/18 | TV/Netflix  | 2 | 12.5% | Racist comments/ Sexist Images & Stereotyping |
| 01/03/18 | Music | 1 | 6.5% | Racist Lyrics  |
| 01/03/18 | Cell Phone: Text | 2 | 12.5% | None |