

DIGITAL CITIZENSHIP | GRADE 8

# Finding Media Balance

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#### **Essential Question**

What does media balance mean for me?

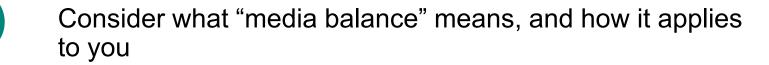


### Learning Objectives



Reflect on how balanced you are in your daily life







Understand the concept of "screen free times and zones" and how they can contribute to achieving "media balance"





What do you think when you see this image?

What caption would you write for this image?





Something we do automatically without thinking





To watch this video on the Common Sense Education site, click here.

#### Discuss:

- What media habits did teens talk about?
- Which features of design hooked them?
- Do you think their media habits add value and meaning to their lives? Explain.

#### Addictive design

Features or aspects of a device or app that are intended to hook the user into frequent use

#### Feedback loop

A response to something you do or post online that causes your brain to experience a temporary moment of pleasure





# Media balance

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)





#### Possible "screen free times and zones"

[capture student responses here]





## Why Screen - Free Times & Zones?

- Break from social media
- Connect with and strengthen relationships with friends and family
- Get better sleep at night (feel more rested the next day)
- More physical activity (replace screen time with it)

We find balance in our digital lives.



