



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 8

# Finding Media Balance

 common sense education®



# Essential Question

 **What does media balance mean for me?** 

# Learning Objectives

1

Reflect on how balanced you are in your daily life



2

Consider what “media balance” means, and how it applies to you



3

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



## OBSERVE + ANALYZE IMAGE



- What do you think when you see this image?
- What caption would you write for this image?



# Habit

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)

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