



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 7

My Media Use: A Personal Challenge



Essential Question

what is your strategy for finding media balance?

Learning Objectives

1

Make an inventory of their media choices and how those choices make them feel.



2

Brainstorm personal strategies for balancing media use.



3

Create personal guidelines to promote healthy media balance.



Directions

Without looking inside your bag or backpack ...

Make a list of everything in there. Take 60 seconds to make the most complete list you can.





Inventory



A complete list of items or actions



ACTIVITY: THINK-PAIR-SHARE

How is an inventory of *activities* different from an inventory of *objects*?

Directions:

1. Take a moment to think silently about this question.
2. Then, take turns sharing your response with your parents.

What makes a healthy media plan for me?

What?

What are the media you're consuming (or creating)?

For example, are you watching a movie? Searching for videos on YouTube?

Playing online games?

What device(s) are you using to consume (or create) the media?

When?

When are you consuming (or creating) the media?

What day of the week?

What time of day?

What else is happening at this time (e.g., during dinnertime, right after waking up in the morning, etc.)?

How much?

How much are you consuming?

How long did you spend consuming (or creating) the media?

How often do you consume the media?



ACTIVITY: WRITE-PAIR-SHARE

What are some of the effects—positive and negative—of media use?

Directions:

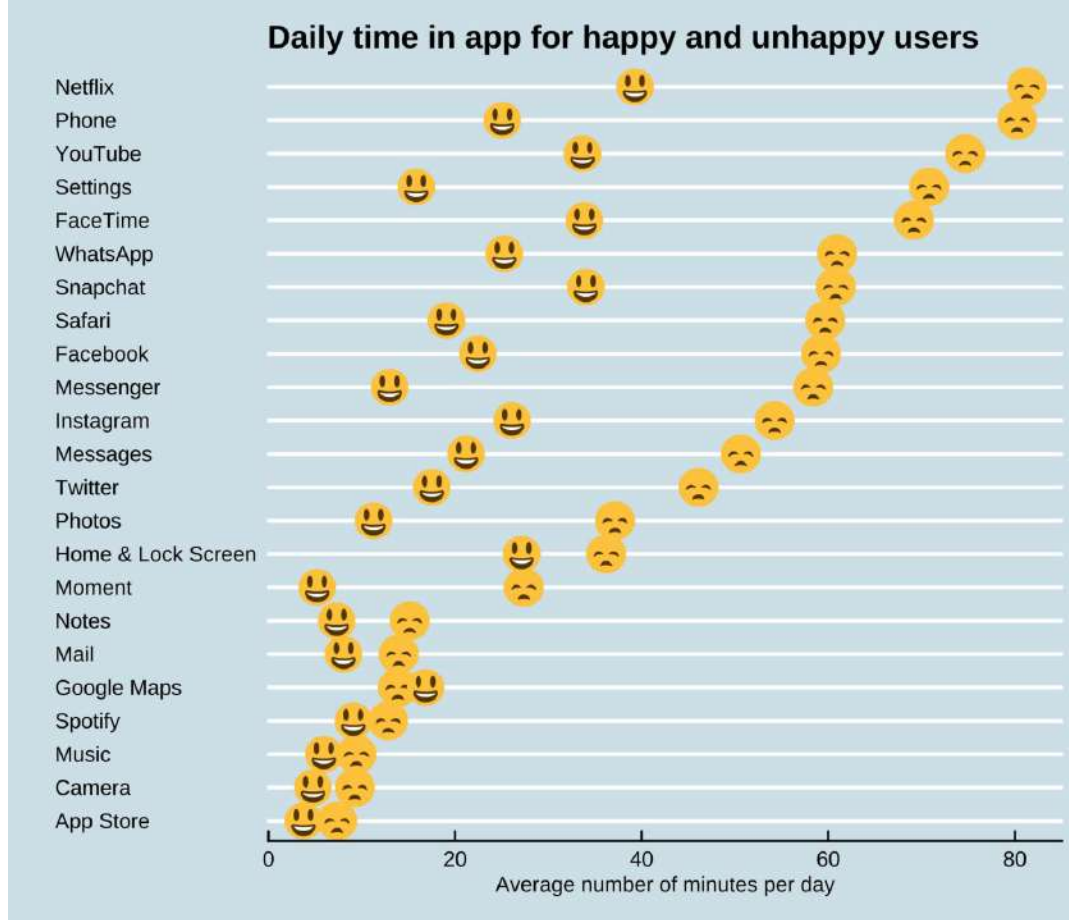
1. Take a moment to write a response to this question.
2. Then, take turns sharing your response with your parent.



OBSERVE + ANALYZE IMAGE

What do you notice
in this graphic?

What stands out
to you?



Source: [Center for Humane Technology](https://www.centerforhumane.org/), 2018.



Media balance



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





Guideline



A set of criteria or piece of advice for how to do something

Guidelines for Media Balance

What guidelines would you offer your classmates for media balance?



Directions

Answer the three questions on the handout to map out your personalized media-balance strategy. Then, complete the personal challenge that follows.



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My Media Choices Inventory

NAME _____

DATE _____

Directions

Part 1: Complete the first three columns to create an inventory of your media use yesterday, from morning to night.

Part 2: Complete the fourth column after your partner discussion.

What media did you use?	When did you use it?	How much time did you spend?	How did you feel? (Complete in Part 2.)
Example: A group text with my friends about our fantasy football teams	Morning	10 minutes	



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NAME _____

DATE _____

My Media-Balance Strategy

Directions

Answer the three questions on the handout to map out your personalized media-balance strategy. Then, complete the personal challenge that follows.

1. Which media choices give you the most benefits? What are those benefits?

2. What signs might show that your media choices are out of balance? What can you do to change the situation?

Personal challenge: What is one step you can take right now to be more media balanced? Write a concrete and actionable step you will take. In your response, include any challenges you might face and how you will address them.

