MEDIA BALANCE & WELL-BEING
We find balance in our digital lives.

DIGITAL CITIZENSHIP | GRADE 8

Digital Media and Your Brain

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MEDIA BALANCE

Essential Question

How does digital media try to hook you, and what can you do about it?

Learning Objectives

1 Explore ways that different types of digital media are, and aren't, designed to help us make good media choices.

2 Reflect on how digital media is designed to either help or hinder the addition of meaning and value in our lives.

3 Think about how to develop good, healthy habits when using digital media.

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- What do you think when you see this image?

- What caption would you write for this image?

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Habit

Something we do automatically without thinking

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

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Humane design

Features or aspects of a device or app that prioritize what's good for people's lives

Directions (**Part 1**)

1. For each app described on the attached handout, underline or highlight examples of features that use humane design.

2. Then answer the questions.

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Directions (**Part 2**)

1. Choose a device, app, or website that you spend a lot of time using.

2. Think about the different features it has and whether they are humanely designed or addictively designed.

3. Add them to the T-chart in the correct column. Review the examples in Part 1 to help you decide which features should go where.

4. Write three rules to help you monitor your behavior as you engage with apps that use addictive design.

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GRADE 8: DIGITAL MEDIA AND YOUR BRAIN

Humane or a Brain Drain?

NAME

DATE

Directions: Part 1

For each app described, underline or highlight examples of humane design features. Then answer the questions.

Sam downloaded a meditation app to help him mentally prepare for soccer games. The app allows Sam to choose whether he would like alerts and how many he wants each day. The alerts suggest tips for relaxing and focusing based on Sam's goals. They suggest things he can do on his own, like taking five deep breaths to relax or doing stretches to relieve stress.

Would this app add value or meaning to Sam's life? Why, or why not?

_____

_____

_____

_____

Lisa uses a messaging app to chat with her friends. When Lisa is doing homework, she uses the Do Not Disturb setting on the app. It blocks alerts during times Lisa sets. Her friends receive a message letting them know she is not available until her chosen end time. The app also keeps track of how many minutes Lisa is using it. She can check the app at the end of each day to see her total screen time. She can also set goals to help her use the app more or less. Lisa can win badges for meeting those time limit goals.

Would this app add value or meaning to Lisa's life? Why, or why not?

_____

_____

_____

_____

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1

GRADE 8: DIGITAL MEDIA AND YOUR BRAIN

Humane or a Brain Drain?

NAME _____

DATE _____

Directions: Part 2

Choose a device, app, or website that you spend a lot of time using. Think about the different features it has and whether they are humanely designed or addictively designed. Then add them to the T-chart below. Review the examples in Part 1 to help you decide which features should go where.

Name of device, app, or website: _____

Humane Design	Addictive Design

Write three guidelines to help you keep track of your behavior as you use different apps with addictive design.

1. [social media]
_____

2. [gaming]
_____

3. [video]
_____

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