



## 1. Your Time

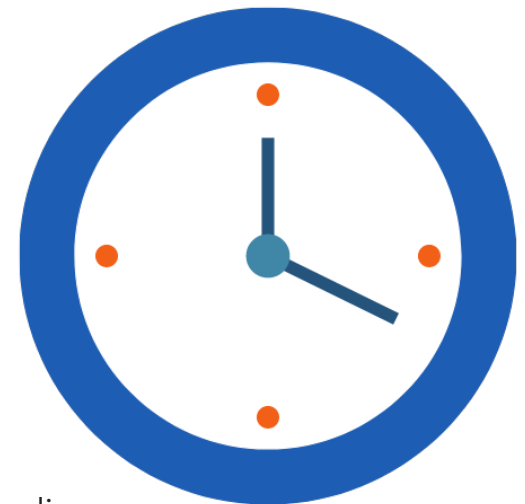
According to [research](#) conducted by Common Sense Media, the time young people spend using screens has increased by 17% since before the pandemic. On average, daily screen time among tweens (ages 8 to 12) grew to 5 hours 33 minutes from 4 hours and 44 minutes, and for teens (ages 13 to 18) it grew to 8 hours and 39 minutes from 7 hours and 22 minutes. Although much of this time is spent in proactive ways—doing homework, keeping in touch with family and friends—unfortunately, that’s not always the case. In this lesson, and the one that follows, **students explore how they spend their time** as they learn to maintain balance between their online and offline lives.

Key Standards—CCSS.ELA-LITERACY: SL.7.1, SL.7.1.A, SL.7.1.B, SL.7.1.C, SL.7.1.D. ISTE: 1.3.d, 1.5.b. CASEL: 1a, 1b, 1c, 1d, 1e, 2a, 2b, 2c, 2d, 2e, 2f, 3a, 3b, 3c, 3d, 4a, 4b, 4c, 4d, 5d.

## Learning Objectives

Students will...

- ✓ Realize their time is precious.
- ✓ Record how they spend their time on a typical day.
- ✓ Consider how they might spend time without screens.



## Introducing The Lesson

Before you begin this lesson, ask students if they have rules at home regarding “screen time.” If your school has media or screen time rules or guidelines, this is a good time to discuss them too. **Tell students that every student, family (and even school) has different screen time and media habits and rules.** Explain that as you explore screen time, it will be important for them to be non-judgmental about how much time others either use or do not use digital media. Encourage students to approach these lessons as scientific explorations (remind them to be “de-‘tech’-tives” ...as in last year’s lessons!).

## The Lesson

1. Give students this very simple definition of **digital media** (and have them record):

**DIGITAL MEDIA: Any form of media distributed by electronic devices.**

## The Lesson, continued

2. Ask students what comes to mind when they think of digital media and record their responses where everyone can view. They may tell you that digital media includes the actual tools used (*cellphones, laptops, iPads, iPods, smartphones, television, game consoles, smartwatches, digital home assistants, etc.*) as well as the activities people engage in using digital media (*texting, posting on social media, playing online games, using navigational apps, talking to Siri or Alexa, etc.*). The point is to get them thinking about **all of the different kinds of digital media use there is today.**

3. Screen [Video 1].

4. Next, ask students to *estimate how much time they think they spend using digital media on a typical summer or weekend day* (a non-school day). They should carefully consider this question, referring to all the different types of digital media technologies and activities listed in #2. Remind students to ask themselves if they talk to family or friends on Zoom or FaceTime, listen to music on a device, use an app to get the weather, take pictures with a cellphone, have a digital assistant in their home, or even rely on a navigational app for directions. The point is for them to consider how digital media use often goes unnoticed. Have students **write down their time estimate** (in their books). They should keep this information to themselves.

## Activity

4. Challenge students to think of and write down **at least 25 activities** they could do if they had no access to digital media or screens of any kind. Urge them to think of this as a “bucket list”! They may find this task challenging at first, so get them going with a few ideas. They could: *play a board game with friends, go on a hike in a place they’ve never been to before, visit a museum, bake cookies.*

They will need this list for your next lesson.

25 Non-Screen Activities	
1.	Park
2.	Dance Class
3.	Skateboarding
4.	Going to Soak City
5.	Drawing
6.	Go to the Beach
7.	Clean your house/bedroom
8.	Cook
9.	Knotts
10.	Read
11.	Listen to the Radio
12.	Hangout with friends
13.	Organize your clothes
14.	Paint
15.	Sleep in
16.	Go on a hike
17.	Homework
18.	Sit and wait for the next day
19.	Fight with your sibling
20.	Play hide n' seek
21.	Go outside for fresh air
22.	Chores
23.	Go out to eat
24.	Go to Disneyland
25.	Shopping

## Homework

Have students keep a diary of **how they spend their time on a typical weekend day** (over the upcoming weekend). They should write down everything they do, from the moment they wake up, until the time they go to sleep. In preparation for this assignment, take them on a mental journey of a typical weekend day. Ask: *What do you do when you first wake up? Do you eat breakfast? Do chores? Check to see if you have text messages? Watch TV or listen to music? During the day, do you meet up with friends? Play a sport? Do you read books, or e-books? Do you multitask, listen to music while going online? In the evening, do you watch YouTube or Netflix? Do you text your friends? Play outside or play video games?* Have them track how they spend their time in their books, or by using the “Time Tracker” (in the Student Packet). They should return to your next class with this activity completed.

## Goal

To help students reflect on how they spend their time as they assess how balanced, or unbalanced, their lives may be!



## DIGITAL MEDIA

Any form of media distributed by electronic devices.

