Media Balance & Well-Being

MEDIA BALANCE & WELL-BEING

We find balance in our digital lives.

Digital citizenship: thinking critically and using technology responsibly to learn, create, and participate

📢 **You've been learning how to find balance in your digital life, and now it's time to help your family do the same!**

👥 **Pssst** -- here's a secret: You're at an advantage, because you're also powerful. Not only do app developers adjust their products around your likes and dislikes, but also you grew up with smartphones and social media. Now you're learning how to be a responsible digital citizen. It's time for you to be an expert for your family and share your knowledge with them.

In class you used some resources, wrote down ideas, and formed opinions. Now it's time to share them. So, grab an available family member, and show them what you know.

1 Discuss

Start by choosing one of the questions below. Once you've chosen, take a few minutes to discuss your ideas together. Remember, just like in class, there's no right or wrong answer, but be sure to support your ideas with reasons:

- Is tech addiction real? How is compulsive tech use similar to and different from addiction to substances?

- What does "media balance" mean? How do we know how much media use is too much?

- How do you feel before, during, and after using social media? Does it depend on the platform, how much time you spend on it, or how you use it?

2 Share

Now share your completed assignment and -- if you have time -- show one or more of the resources you used in class. Take another minute to discuss:

- What do you think are the most important things to know about this topic?

3 Reflect

Answer this question together:

- What steps can we take as a family to find more media balance and ensure our well-being (limit where and when we use it, have family time without screens, etc.)?

Make sure to keep talking!

Learn more ways to find balance in your digital lives at **www.commonsense.org/media-balance-tips-for-families**.

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