

Middle School

Question	Activity at Home
<i>What are my values, and how do media and tech impact them?</i>	Activity: Values Sort
<i>How does digital media try to hook you, and what can you do about it?</i>	Watch: How Apps Use Design Tricks To Hook You
<i>How can you de-escalate digital drama so it doesn't go too far?</i>	Activity: Conversation Starter
<i>What are thinking traps, and how can they impact our well-being when we use tech?</i>	Watch: How Your Brain Tricks You Into Negative Thinking
<i>How can I build positive habits around media and tech to support my well-being?</i>	Tips: Media Balance & Well-Being

Upper School

Question	Activity at Home
<i>What are my values, and how do media and tech impact them?</i>	Activity: Values Sort
<i>How is tech designed to hold our attention, and how can it impact our well-being?</i>	Watch: How Apps Use Design Tricks To Hook You
<i>How can you de-escalate digital drama so it doesn't go too far?</i>	Activity: Conversation Starter
<i>What are thinking traps, and how can they impact our well-being when we use tech?</i>	Watch: How Your Brain Tricks You Into Negative Thinking
<i>How can I build positive habits around media and tech to support my well-being?</i>	Tips: Media Balance & Well-Being