



Innovate, Collaborate, Educate:
**Learning Beyond the Classroom
for Future-Ready Families**

Thursday, October 16 | 6-7:30 pm



**FEDERAL WAY
PUBLIC SCHOOLS**



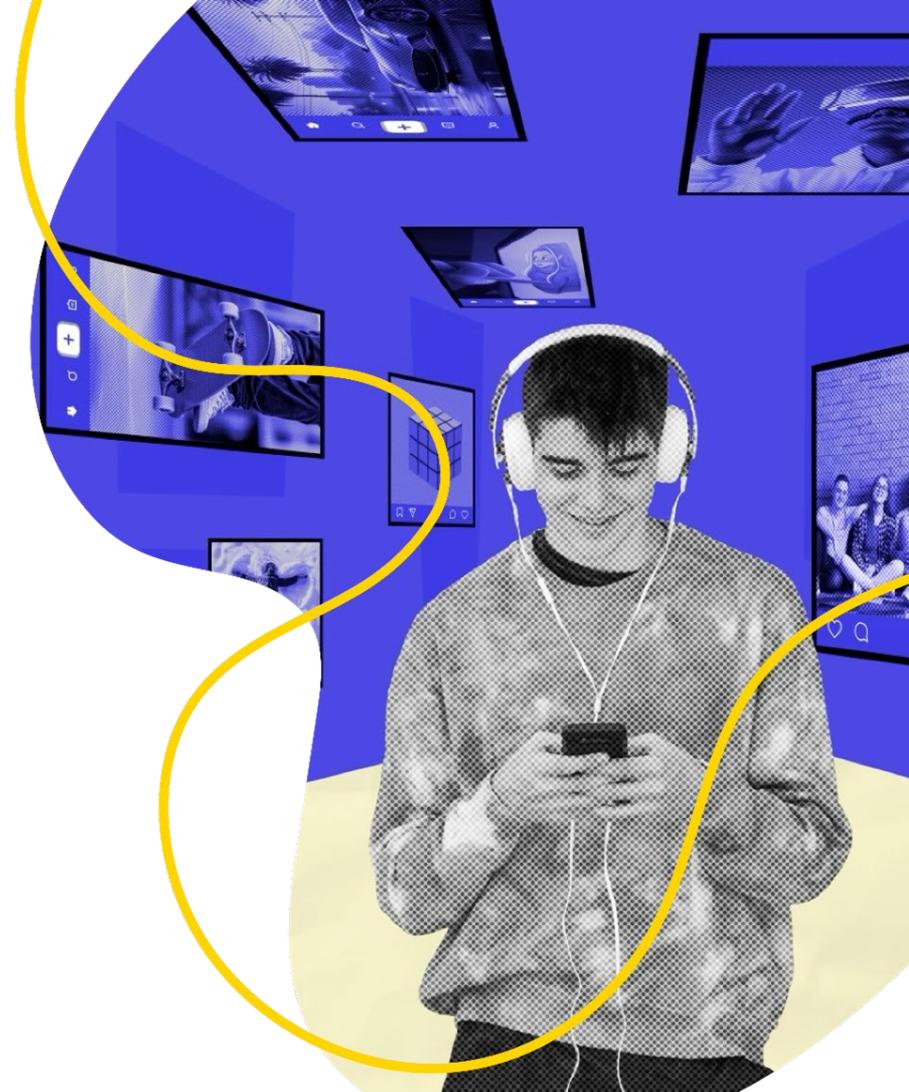
GRADE 8 ▶ HEALTHY HABITS

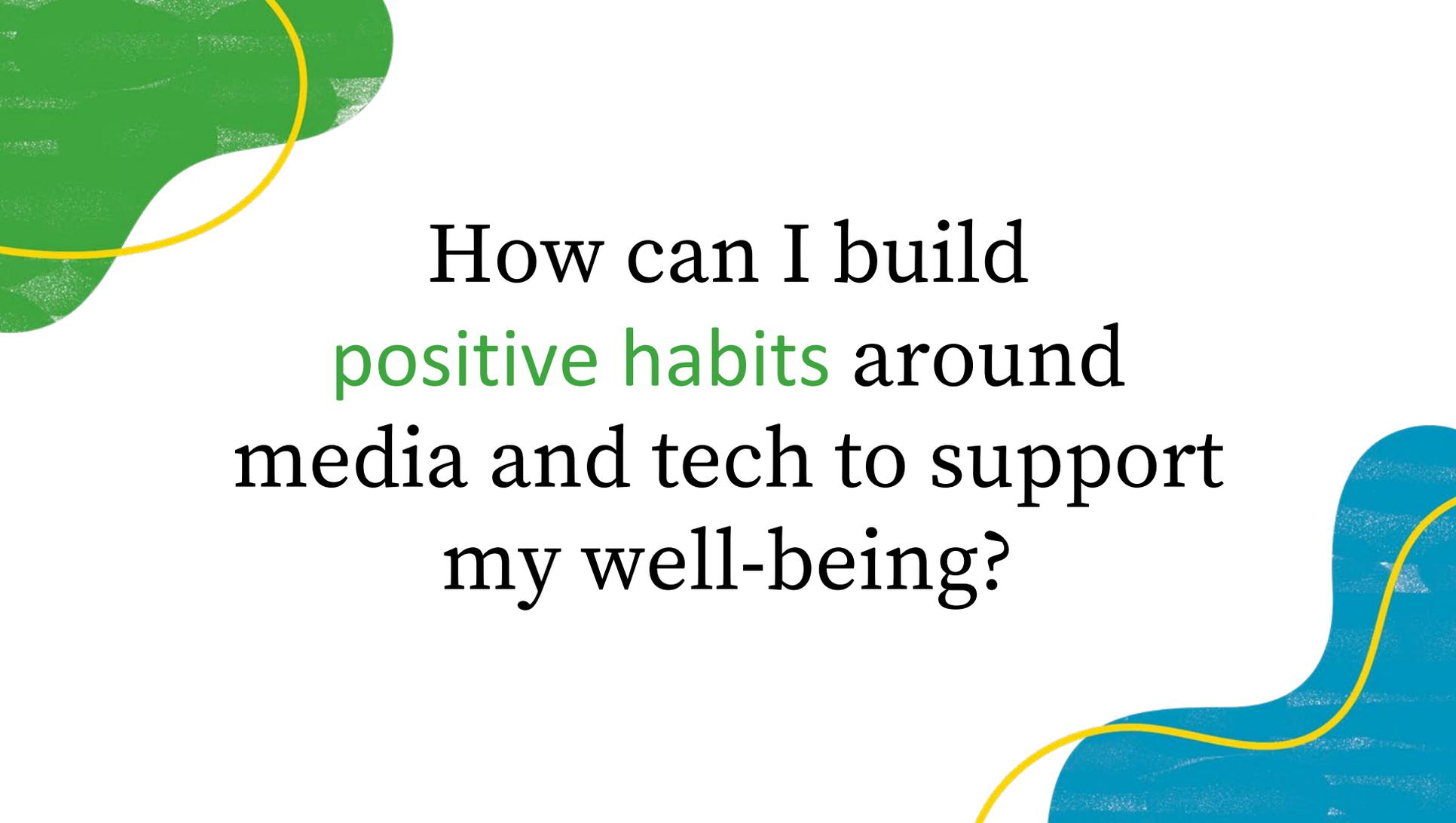
Tech Habit Challenge: Part 1



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CENTER FOR
DIGITAL
THRIVING



The image features a white background with decorative elements. In the top-left corner, there is a green, textured, organic shape with a yellow line curving around it. In the bottom-right corner, there is a blue, textured, organic shape with a yellow line curving around it. The text is centered on the page.

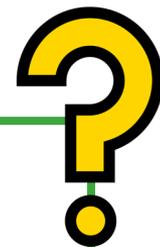
How can I build
positive habits around
media and tech to support
my well-being?

1

Reflect on the role that media and tech play *in our lives*, both positively and negatively.

2

Use active listening strategies to help others reflect on their *tech habits*.



What are habits, and why do they matter?



Habits are automatic routines or things we do, often without even really thinking about them.

They matter because they guide what we do every day, and together add up to big lifestyle impacts.



Today we're going to explore our technology habits and how they affect our *digital well-being*.



Digital Well-Being



Experiencing media and technology in ways that support one's mental, physical, social, and emotional health.



Before we can make positive changes, we need to understand what we're already doing.

That includes **noticing our good habits**—like the things we do with tech that actually support our well-being and relationships—as well as **things we might actually wish we didn't do, or that we might want to change.**

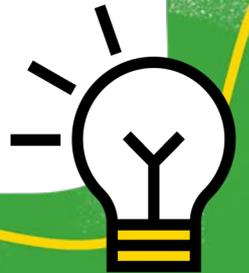


You'll have the chance to reflect on your own tech habits while also interviewing a classmate about theirs. As the interviewer, your role is to be an active listener—giving your full attention and truly understanding what your partner shares.

Before we begin these conversations, let's review some important interviewing techniques that will help your partner feel comfortable sharing their experiences.

Tips for Interviewing

- Show you're *listening*.
- Keep the conversation *focused on them*.
- Say back to your partner what you hear them saying.
Check if you got it right.
- Be *supportive* and show that you hear and understand them.
- *Pauses are OK!* Let the person being interviewed break the silence.



Interviews

Pick one person who will be the interviewer first.

I am going to set a timer for eight minutes.

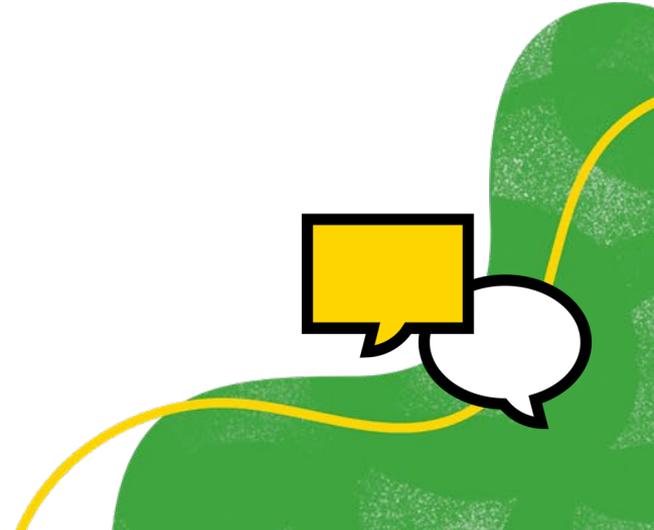
After eight minutes, you'll switch roles.

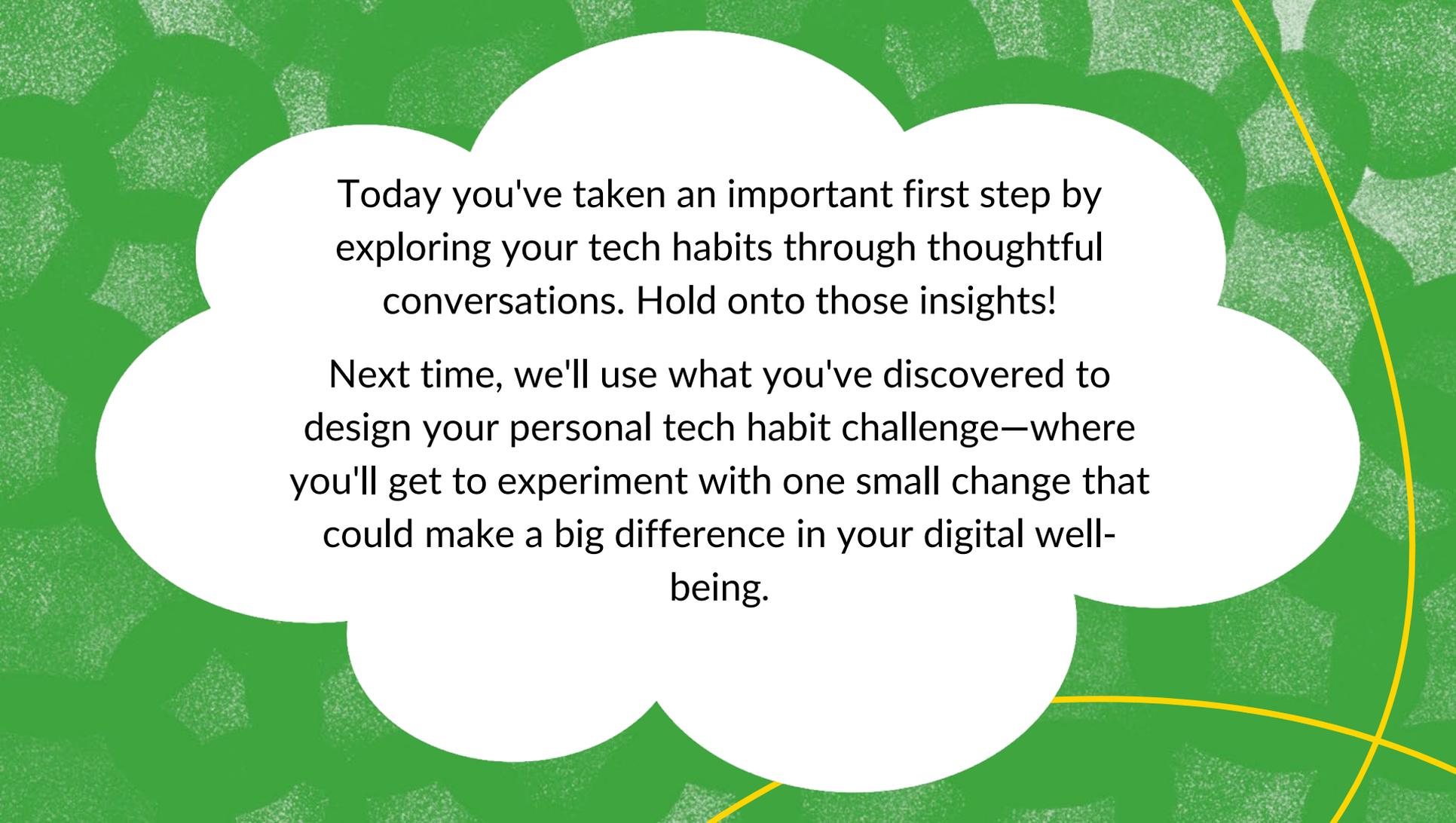


Share Out

What are some good tech-related habits you have?

What are some habits you might want to change?





Today you've taken an important first step by exploring your tech habits through thoughtful conversations. Hold onto those insights!

Next time, we'll use what you've discovered to design your personal tech habit challenge—where you'll get to experiment with one small change that could make a big difference in your digital well-being.

We can thrive in a
digital world.



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Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!

پست-نظرسنجی : رویدادبه ما کمک می کند
بهبود یابیم!



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