



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: High School (9-12)

Area of Focus: Monitor Your Screen Time

Materials Needed: Link below

Big Idea (What should students remember after the lesson?):

- Monitoring screen time will help the student make good choices and be aware of the types of apps they are using and for how long.

Mini-Lesson/Content:

- <https://www.commonsense.org/education/digital-citizenship/lesson/the-health-effects-of-screen-time>

[Common Sense lessons require a login to access it. The account is free, you can use your Google Suite account or create your own free account.]