



ARE YOU DIGI-FIT?

[WOSU.ORG/DIGITALWELLNESS](https://wosu.org/digitalwellness)

Category: Well-being

Level: Middle School (5-8)

Area of Focus: Ways to Unplug: Tips to Stay Balanced

Materials Needed: Links below

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

- Providing students with strategies to regulate their online time

Mini-Lesson/Content:

Activity One:

- Video - [The Common Sense Census: A Day in Teens' Digital Lives](#) (3 min)
- https://drive.google.com/open?id=1nNewI7_NGUayx_oL0tVpJKInZ8DshJ2e
- Class Discussion - around balancing time on devices; being present for the task at hand
 - How can I be present with others around me?
 - What are some healthy actions I can take when using devices?
 - How can I monitor and regulate my time on devices?
- Did You Know? - [new iOS 12 Screen Time settings](#)
 - You can turn on a Do Not Disturb setting on iOS that can even be scheduled.
 - Go to Settings > Do Not Disturb
 - Night Shift can help you reduce eye strain
 - Go to Settings > Display & Brightness > Night Shift

Activity Two:

- Video - [The drug-like effect of screen time on teenage brain](#) (from Screenagers documentary) (7:31)
- Class Discussion
 - Ask your students what part of the clip resonated with them?
 - Were there parts they agreed with?
 - Disagreed with?