



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-being

**Level:** High School (9-12)

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

**Materials Needed:** Link below

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

- Providing students with strategies to regulate their online time

**Mini-Lesson/Content:**

- <https://www.commonsense.org/education/digital-citizenship/lesson/my-digital-life-is-like>

[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.]