



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-being

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

**Area of Focus:** Developing Balanced and Authentic Relationships

**Materials Needed:** Ability to play videos and pull up websites

**Big Idea and The Why** (what should students remember after the lesson?):

- Defining what are true relationships from social networks.

**Mini-Lesson/Content:**

- Video 1 - [The Common Sense Census: A Day in Teens' Digital Lives](#) (3 min)
- [https://drive.google.com/open?id=1nNewI7\\_NGUayx\\_oL0tVpJKlnZ8DshJ2e](https://drive.google.com/open?id=1nNewI7_NGUayx_oL0tVpJKlnZ8DshJ2e)
- 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
- Video 2 - [The drug-like effect of screen time on teenage brain](#) (from Screenagers documentary) (7:31)

**Discuss or Create:**

- Class Discussion for Video 1 - 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?
- Class Discussion for Video 2
  - Ask your students what part of the clip resonated with them?
  - Were there parts they agreed with?
  - Disagreed with?

● **Further Resources/Extending:**

- <http://www.pbs.org/newshour/extra/lessons-plans/are-teens-addicted-to-technology/>
- <https://www.common sense media.org/videos/devicefreedinner-attention-funny-or-die>