



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-Being

**Level:** 9-12

**Area of Focus:** Parenting Strategies for Misuse

**Materials Needed:**

**Big Idea and The Why** (what should students remember after the lesson?): I can identify when my child might be misusing technology and can establish strategies to help adjust those behaviors

**Mini-Lesson/Content:**

- Read this article about [How and When to Limit Kids' Tech Use](#)

**Discuss or Create:**

- Create a Venn Diagram showing how the child uses technology, how the parent uses technology, then how those uses overlap
- Discuss [creation vs. consumption](#) how much time we spend doing each
- Create a family media plan that includes
  - When it is appropriate to use tech
  - How long for consumption vs. creation
  - Strategies to adjust poor use of technology

**Further Resources/Extending:**

- [Raising the Screen Generation](#)
- [How to Create a Family Media Plan](#)
- [The Parent's Guide to Educational Technology](#)
- [Addressing Appropriate Technology Behavior](#)