

Digital Media & Your Brain: Dealing with Addictive Design

1. Inquiry Task & Question

In many ways, digital media has made our lives better. It has made it easier for us to access information, to share our knowledge, and ideas, and to stay connected with friends and loved ones no matter where they are. It has become such an important part of our lives that many of us can't imagine living without it. But have all the effects of digital media been positive? Have there been any negative effects on our lives?

For many of us, digital media has become a habit. The truth is, it was designed to be that way! Many apps are created using “addictive design” to keep us coming back for more. That little happy feeling you get whenever a post gets a “like”? That's addictive design. But some tech companies are embracing “humane design”, which focuses more on what's good for people's lives than on what will hook you and keep you coming back.



Click the image to watch a video in which teens discuss being tethered to their phones and social media. Does this sound like your life? What are some concerns that the video raises?

Image and video source: PBS News Hour

In this Slam Dunk, you will use multiple information sources to help you build an answer to the inquiry question:

How does digital media try to hook you and what can you do about it?

2. Information Sources

Choose two or more of the information sources linked here to complete the student activity on slide 3.

- [Teen Voices: The Pressure to Stay Connected](#) - video
- [The Druglike Effect of Screen time on the Teenage Brain](#) - video
- [Introduction to Social Media Addiction](#)
- [2018 Study: Excessive Time with Technology is Linked to ADHD](#) – video & article
- [Why We Can't Look Away From Our Screens*](#)
Infographic and article from *The New York Times* article accessed through SIRS Issues Researcher

***NOTE:** If you are prompted to login to access database/digital content links, your teacher/librarian can provide login information.



Image Source: Common Sense Media

3. Student Activity

Use the information sources on Slide 2 to complete this activity.

Use this [T-Chart](#) to record the impact of digital media on our lives. In the first column, write down all the examples from the resources of *positive* ways digital media can impact our lives. In the second column, write down all the *negative* ways that digital media can impact our lives.

OR

You can create your own T-chart.



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Impact of Digital Media on our Lives

POSITIVE IMPACT DIGITAL MEDIA HAS ON OUR LIVES

NEGATIVE IMPACTS DIGITAL MEDIA HAS ON OUR LIVES

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4. Assessment Activity

How does digital media try to hook you and what can you do about it?

First, your teacher/librarian will have you take the **Digital Citizenship Quiz for Digital Media and Your Brain** in Schoology. You may also have an opportunity to share your learning as described below.

Use the information you have learned about addictive and humane design and the impact of digital media on the brain to complete the activity **Humane or a Brain Drain.**



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5. Enrichment Activities



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Check out the BrainPop video on [Social Media](#) to learn more about the pros and cons of digital media. Watch the video and complete the quiz, games, and activities that go with it.

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6. Teacher Resources

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
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Digital Citizenship: Grade 8

Content integration: Grade 8 Health/PE or ELA

Objective: Students will synthesize information from multiple information sources in order to identify ways to protect themselves from the negative effects of addictive media design.

Time Frame: One 90-minute class period

Notes to the teacher:

- Collaborate with your school library media specialist to plan and implement this lesson.
- Have students use learning supports provided in BCPS Digital Content found in the [Apps Portal](#). Refer to [Digital Content Snapshot/Support pages](#) as needed
- Provide students with login information as needed to authenticate BCPS Digital Content. Login information is available on the **BCPS Digital Content** page found via the [Apps Portal](#)
- Lesson content used or adapted from the Common Sense Media lesson [Digital Media and Your Brain](#). See this lesson before implementing the Slam Dunk research model to gain a broader sense of the lesson content or for additional lesson resources. You may need to [register a free Common Sense Education account](#) to access all the lesson content.
- Consider sending home these Common Sense Education family resources relevant to this topic: [Family Tips](#), [Family Activity](#)

Learning Standards Alignment

National Health Education Standards: Grades 9-12 Health

Standard 2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Performance Indicator 2.8.6 Analyze the influence of technology on personal and family health.

Common Core State Standards for English Language Arts & Literacy

CCSS.ELA-Literacy.CCRA.W.7: Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

CCSS.ELA-Literacy.CCRA.W.9: Draw evidence from literary or informational text to support analysis, reflection, and research.

AASL Standards Framework for Learners

I. INQUIRE: Build new knowledge by inquiring, thinking critically, identifying problems, and developing strategies for solving problems.

Think: Learners display curiosity and initiative by:

I.A.2 Recalling prior and background knowledge as context for new meaning.

Create: Learners engage with new knowledge by following a process that includes:

I.B.1 Using evidence to investigate questions. I.B.3 Generating products that illustrate learning.

Share: Learners adapt, communicate, and exchange learning products with others in a cycle that includes:

I.C.1 Interacting with content presented by others.

Grow: Learners participate in an ongoing inquiry-based process by:

I.D.2 Engaging in sustained inquiry.

ISTE Standards for Students

2. Digital Citizen: Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.

Last updated: July 2022 Use this form to [Report Broken Links](#).

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