

Finding Balance in a Digital World

1. Question & Research Task

According to Common Sense Education, the average American teenager spends nine hours a day with digital technology, entertaining themselves with streaming video, listening to music and playing games. Tweens (aged 8 to 12) are spending six hours with media.

We use technology in so many ways. Select the image on the right to watch a video about how we consume, create and share media.

So how do you balance social media in your life? Take the [student audit](#) to see how you spend your time.

In this Slam Dunk, you will conduct brief, focused research to respond to the inquiry question:

How can I avoid digital distraction to achieve a healthy media balance in my life?



[Link to Digital Life 101](#)

Image Source: Common Sense Media

2. Information Sources

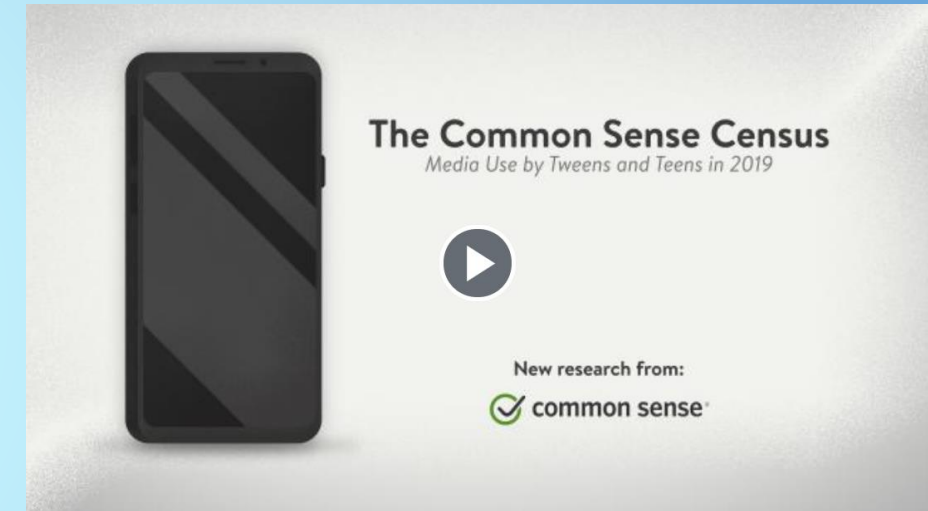
Use these resources to help you complete the activity on Slide 3.

Select at least 2 sources below and the image on the right to learn about media use issues ...

- [Introduction to Social Media Addiction](#) (Before accessing BCPS Digital Content, you may need to login. You will find the login information on the BCPS Digital Content page found via the [Apps Portal.](#))
- [The Drug-Like Effects of Screen Time on the Teenage Brain](#) (PBS)
- [Technology Tied to ADHD](#) (NBC News)
- [How Much Screen Time is too Much](#) (PBS)
- [A 5-Step Guide to Unplugging Technology](#)
- [Smartphones Aren't a Smart Choice in Middle School](#) (CNN)
- [Cell Phones at School: Should your kid have one?](#) (USA Today)

Think about ...

1. How has media use impacted you and your family?
2. How does your family feel about your cell phone use at home and at school? How do your teachers and school staff feel about your cell phone use in school? If you're not sure, ask!
3. How can you create personal guidelines for a healthy media balance?



Select the image above to view animation revealing survey results about the Media use of Tweens and Teens in 2019 or View this [Infographic version](#).

Image Source: Common Sense Media

3. Student Activity

1. Review the [My Media Use](#) presentation.
2. Examine the graph about *Happy versus Unhappy Users* on the right. What conclusions can you draw from this data?
3. Use [My Media Use—A Personal Challenge](#) to take notes about media use from the sources on Slide 2.

Think about...

- What are some benefits of being connected 24/7?
- What are some drawbacks of being connected 24/7?
- How does media use impact our daily lives?
- How can families create a plan to help with social media addiction or use?



4. Assessment Activity

How can I avoid digital distraction to achieve a healthy media balance in my life?

First, your teacher or librarian will have you take the Finding Balance in the Digital World quiz in Schoology.

Then, use your new knowledge and this [Unplugging organizer](#) to brainstorm some ways to “unplug” from technology. Keep this list as a reminder of how to avoid digital distractions. Share your ideas with others to help them achieve media balance.

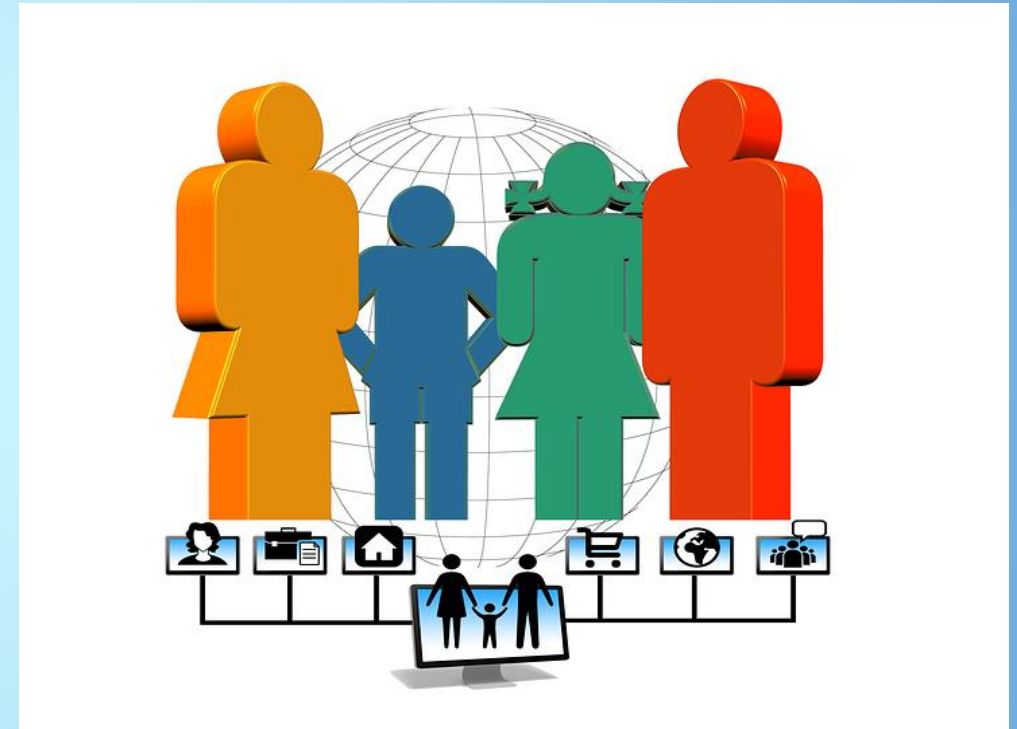


Image Source: Pixabay

5. Enrichment Activities



Image Source: Pixabay

- Share what you have learned about healthy balance and media use with your family members. Use this [Family Media Agreement](#) to develop an agreement about your family's media use.
- With a parent/guardian's permission (at home on your own cell phone), download the Moment app which tracks cell phone usage, and use your phone normally for a few days. Then discuss with your parent/guardian how your use compares to your new knowledge from this research.

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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Learning Standards Alignment

National Health Education Standards: Grades 6-8 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

Reading: 1. Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

Writing: 7. Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

Writing: 9. Draw evidence from literary or informational text to support analysis, reflection, and research.

AASL Standards Framework for Learners - Inquire: Build new knowledge by inquiring, thinking critically, identifying problems, and developing strategies for solving problems.

I.B.2 Learners participate in personal, social, and intellectual networks by establishing connections with other learners to build on their own prior knowledge and create new knowledge. 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.

Grade 6 Digital Citizenship

Implementation options: Through Health/PE, ELA, Advisory, AVID

Objective: Students will analyze information from multiple sources in order to create personal guidelines for promoting healthy media balance.

Time Frame: 1 90-minute or 2 50-minute class periods

Differentiation strategies for 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.

Notes to the teacher:

- This lesson and the **Schoology Assessment** are **REQUIRED for all students in Grade 6**.
- **Collaborate with your school library media specialist** to plan and implement this lesson.
- 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](#)
- The content of this lesson is adapted from the [Common Sense Education lessons on Media Balance & Well-being for grades 6-8](#). Teachers/librarians may wish to consult these lessons for context/lesson alternatives
- Consider sharing some of Common Sense's Family Resources with students' parents/guardians via Schoology following this lesson:
 - Family Tips: Media Balance & Well-being – [English](#) | [Spanish](#) | [More Languages](#)
 - Family Activity: Media Balance & Well-being – [English](#) | [Spanish](#)
 - 5 Signs Your Kid Has a Healthy Relationship with Screens – [English](#) | [Spanish](#)
 - [Q & A for Parents: about Screen Time for Tweens & Teens](#)

Last updated: August July 2023 Use this form to [Report Broken Links](#).

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