



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 8

Digital Media and Your Brain

 common sense education®



Essential Question

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

Learning Objectives

1

Explore ways that different types of digital media are, and aren't, designed to help us make good media choices.

2

Reflect on how digital media is designed to either help or hinder the addition of meaning and value in our lives.

3

Think about how to develop good, healthy habits when using digital media.



OBSERVE + ANALYZE IMAGE



- What do you think when you see this image?
- What caption would you write for this image?



Habit

Something we do automatically without thinking



WATCH + DISCUSS



To watch this video on the Common Sense Education site, click [here](#).

Discuss:

- What media habits did teens talk about?
- Which features of design hooked them?
- Do you think their media habits add value and meaning to their lives? Explain.



commonsense.org/education

Shareable with attribution for noncommercial use. Remixing is permitted.



Addictive design

Features or aspects of a device or app that are intended to hook the user into frequent use

Feedback loop

A response to something you do or post online that causes your brain to experience a temporary moment of pleasure



Humane design

Features or aspects of a device or app that prioritize what's good for people's lives



Directions

1. For each app described, underline or highlight examples of features that use humane design.
2. Then answer the questions.



Directions

1. Choose a device, app, or website that you spend a lot of time using.
2. Think about the different features it has and whether they are humanely designed or addictively designed.
3. Add them to the T-chart in the correct column. Review the examples in Part 1 to help you decide which features should go where.
4. Write three rules to help you monitor your behavior as you engage with apps that use addictive design.

We find balance
in our digital lives.

