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=1nNewl7_NGUayx_oL0lVpJKInZ8DshJ2e
- 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/
http://www.commonsensemedia.org/videos/devicefreedinner-attention-funny-or-die