

# Watch & Reflect

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Directions

After watching the video *Teen Voices: The Pressure to Stay Connected*, answer the questions below.

1. What media habits did teens talk about?

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2. Which features of design hooked them? Can you think of other features that weren't mentioned in the video?

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3. Do you think their media habits add value and meaning to their lives? Explain.

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MEDIA BALANCE & WELL-BEING

*We find balance  
in our digital lives.*

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