



Video Discussion

What You'll Need: • Video • Student Handout • Student Handout (Spanish)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video exploring how digital media tries to hook you and what you can do about it.*
2. **Show** the video *Teen Voices: The Pressure to Stay Connected* (3:19 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.
Optional: You can also distribute the Student Handout and have students respond to the questions prior to group or whole-class discussion.

Discussion Questions

1. *What media habits did teens talk about?*

Sample responses:

- *Checking their phones regularly*
- *Binge-watching shows and videos*

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

Sample responses:

- *Autoplay on Netflix and YouTube*
- *Likes and comments on social media apps*
- *Goals and levels in online gaming*

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

- *Answers will vary.*



MEDIA BALANCE & WELL-BEING

**We find balance
in our digital lives.**

commonsense.org/education

Shareable with attribution for noncommercial use. Remixing is permitted.

