⊘ common sense education [®]		
GRADE 12: THE HEALTH EFFECTS OF SCREEN TIME Watch & Reflect	NAME	
	DATE	

Directions

After watching the *Above the Noise* video Screen Time: How Much Is Too Much? by KQED Education, answer the questions below.

1.	What is the difference between active and passive use?
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2.	Which type of screen time do you engage in more?
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3.	What screen activities do you value and what do you want to cut out?
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