



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 that explores whether screen time can be bad for your health.*
2. **Show** the *Above the Noise* video *Screen Time: How Much Is Too Much?* by KQED Education (5:20 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 is the difference between active and passive use?*

Sample responses:

- Active use: contributing online via posts, comments, or other forms of communication and expression
- Passive use: scrolling through online content without reacting to the content

2. *Which type of screen time do you engage in more?*

- Answers will vary.

3. *What screen activities do you value and what do you want to cut out?*

- Answers will vary.



MEDIA BALANCE & WELL-BEING

*We find balance
in our digital lives.*