



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 are going to watch a video exploring the things we can do to make sure we use technology in a way that feels balanced and healthy.*
2. **Show** the [My Media Balance](#) video (1:18 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.

Distance learning option: Have students watch the video and complete the handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. *According to the video, what is media balance?*

Sample responses:

- Media balance is making healthy media choices, using media in a way that feels healthy and in balance with other life activities.
- Media balance is considering what technology you choose to use, when you decide to use it, and how much of it you consume.
- Media balance is thinking about how your media choices make you feel.
- Media balance is different for different people.

2. *How are some media choices more healthy or less healthy than others?*

Sample responses:

- Answers will vary. Students can use the "what, when, how much?" framework to understand what makes a media choice healthy.
- For example, watching your favorite show can be a healthy choice if it makes you happy. Spending too much time watching shows on TV or online can make you feel sad or anxious because you might miss out on other activities you enjoy, or important things like sleep.

3. *What does media balance look like for you?*

- Answers will vary.

