

My Digital Life

NAME _____

DATE _____

Part 1: Digital Media Inventory

Directions: Interview your partner and take notes in the table below.

	Benefits & Positives	Downsides & Negatives
My Identity <i>Expressing yourself in what you post and share</i>	What do you post and share online? When does sharing through social media make you feel good? When does it make you feel bad?	
My Close Relationships <i>Connecting with close others like family and friends</i>	Whom do you connect with through social media? When does connecting with friends and family make you feel good? When does it make you feel bad?	
My Follows/ Browsing <i>Scrolling through others' posts, like celebrities and people you know but aren't close to</i>	Browsing others' posts or profiles: When does this kind of browsing make you feel good? When does it make you feel bad?	
My Interests <i>Exploring to learn about things that interest you, like cooking, sports, politics, mental health, news, travel, design ...</i>	Which of your interests do you explore online? When does exploring these interests make you feel good? When does it make you feel bad?	
My Habits <i>Using your apps and devices</i>	What are your habits for using social media and your devices? How do things like the time of day you go online or the amount of time you spend online make you feel good? When do these habits make you feel bad?	



MEDIA BALANCE & WELL-BEING

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 The Digital Media Inventory is adapted from Emily Weinstein & Carrie James,
 Project Zero, Harvard Graduate School of Education



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Part 2: My Digital Life Is Like ...

Directions: Consider your reflection in Part I to complete one of the two statements in a way that captures and conveys the role of digital media in your life.

My media life is like a _____, because _____.

My media life is as _____ as a _____, because _____.

Part 3: Personal Challenge

Directions: Based on your reflections in Part 1 and 2, create a personal challenge or experiment that you will try for one week to address one or more of the downsides you experience with digital media.

1. My personal challenge is ...

2. What are the potential barriers to following through on this one-week personal challenge?

3. What are some ways you can hold yourself accountable to completing your challenge?



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