



# 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 we balance digital media use in our lives.*
2. **Show** the [Digital Life 101](#) video (1:34 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 are the benefits of being connected 24/7?*

Sample responses:

- Real-time access to weather helps with planning outdoor activities, clothing, etc.
- Social media and messenger apps allow immediate communication and updates with others.
- Search engines help people find information and solutions for things.
- Music apps enable people to create, share, and listen to playlists of their favorite music.

2. *What are some of the benefits of doing things offline (that don't involve digital media)?*

Sample responses:

- Participating in sports is fun because you get to exercise and play with others.
- Going into nature can teach you about the world and help you feel relaxed.
- Hanging out with people in person helps you build relationships and get to know people.
- When you're in nature or with people, you experience everything with five senses. When you're online, you usually experience them with only two (sight and sound).

3. *What do you think is the best way to balance using digital media and doing things offline?*

Sample responses:

- Answers will vary. Media balance is using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.).



MEDIA BALANCE & WELL-BEING

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

