

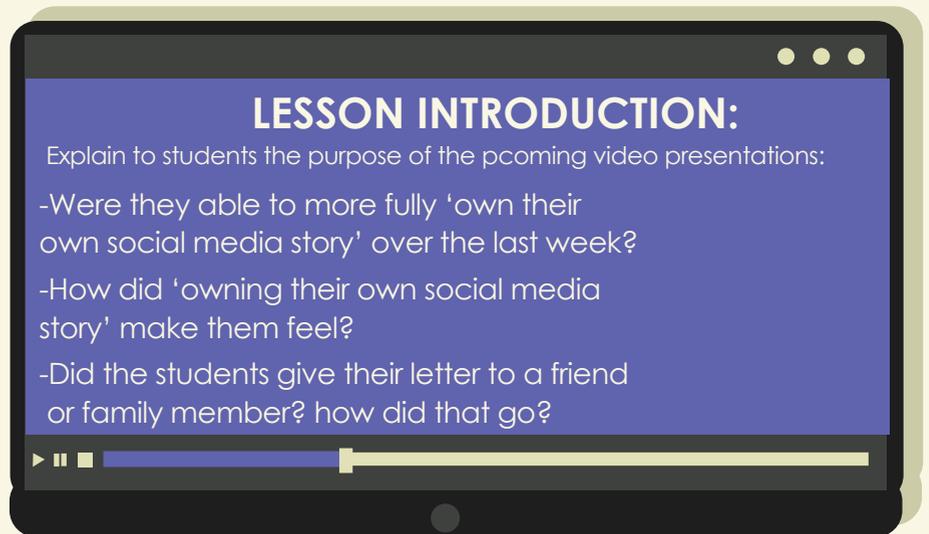
Lesson 2:

WHEN I USE SOCIAL MEDIA MANAGING TIME

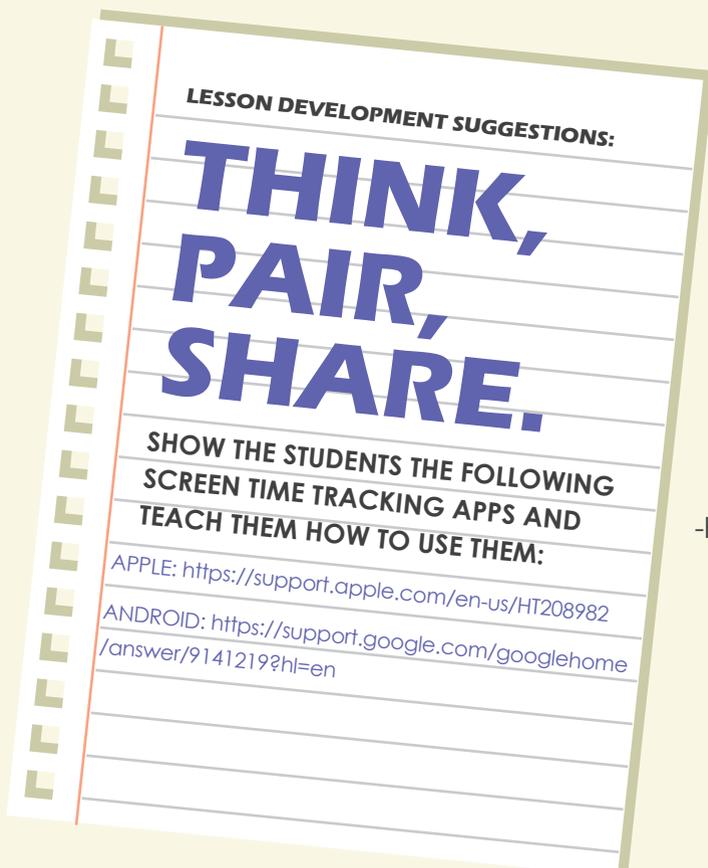
LESSON OBJECTIVE: Students will learn the importance of managing their time on social media.

RESOURCES NEEDED:

- Video segment 2: 'when i use social media-managing time'
- Access to the following websites for instructions on installing and using screen time trackers- teachers should become familiar with these before this lesson
- APPLE: <https://support.apple.com/en-us/HT208982>
- ANDROID: <https://support.google.com/googlehome/answer/9141219?hl=en>
- Paper and pencil/pen for each student



SHOW VIDEO SEGMENT 2: "WHEN I USE SOCIAL MEDIA-MANAGING TIME"



Give the students several minutes to write a journal response to any of the following questions that fit the needs of your class. After they finish, ask the students to pair-up and share their written responses. Reconvene the class and ask pairs to report back on their conversations-encourage discussion.

QUESTIONS:

- When do you usually use social media?
When do you see others using social media?
- How long do you guess that you and/or your friends use social media daily?
- Have you ever lost track of time when using social media?
How did you feel when you realized how much time you had been on your phone?
- How does it make you feel when your friend or family member is distracted from their interaction with you so they can be on social media?
- What activities are you missing out on when you are on social media for extended periods of time?
- How does 'owning our social media story' relate to the amount of time you or a friend are on your phone?

ASSIGNMENT SUGGESTIONS:

- Install a screen time tracking device on their device.
- Teach someone about the importance of managing screen time and about screen time tracking apps.
- Encourage each student to track their time usage on their phone. have them set a screen time limit and write down their goal