

2.IC.2 Impacts of Computing

The student will explain the need to balance screen time and other activities. (a) Discuss appropriate times and places for screen use. (b) List and describe alternatives to screen time.



Integration Opportunities

Understanding the Standard

People have always used devices to assist in the collection, storage, or manipulation of data. Early computers used mechanical components to perform calculations. In the early 1800s, the first programmable computers were created. They were limited in their capability, and relied heavily on people to do more complex computation. The development of computing technology has expanded exponentially over the past 100 years. The development and modification of computing technology is driven by people's needs and wants. However, it's important to recognize that not all tasks require the use of a computer and that we should take care to use computers in a healthy way. To be responsible computer users, students can practice screen time management by limiting excessive computer use, demonstrate online safety by protecting personal information, and model digital citizenship by being respectful toward others. Incorporating these healthy habits into our daily routines can facilitate a positive and safe experience with technology.

Term	Definition
Screen	An output device that is used to show text, images, and videos on computers.
Learning	The process of acquiring knowledge, understanding, or skills.
Entertainment	An activity that interests, gives delight, or holds the attention of an audience.
Communication	The act of giving, receiving, or sharing information. (from Common Sense Media)

Math 2.PS.1 Have students survey classmates about time spent on screen based and screen free activities. Represent the data using pictographs and bar graphs, drawing conclusions about balancing screen time with other activities and suggesting guidelines for screen use.

English 2.C.1a Facilitate collaborative discussions (one-on-one or small group) about when and where it is appropriate to use screens. Then have pairs or groups propose alternative activities to screen time and the benefits they pose.

Physical Education 2.3f-h Create and sort a list of activities, featuring fitness components of each. Have students define "screen time" and discuss how and why they use screens throughout the day. Students may choose one activity from the list to replace or balance a comparable screen-based activity.

Prerequisite Knowledge

Students should possess a familiarity with computing devices. They should also have basic knowledge of what is healthy, including eating nutritious foods, getting regular exercise, and building interpersonal relationships.

Summary of a Lesson

Gather the class together for a read-aloud of a digital citizenship-themed book, such as *Tek: The Modern Cave Boy* by Patrick McDonnell. Pause at appropriate intervals to discuss what is happening and what the boy notices (or doesn't notice!) while he is using his devices. Review the idea that to be truly healthy, we need to balance our time on and off of computing devices. Together, establish norms for using technology, like asking for permission first, pausing and turning attention away from a device, and taking breaks from devices to explore the physical world. Some great additional resources for this come from Common Sense Media: [How Technology Makes You Feel lesson](#); [Device-Free Moments lesson](#).

