

3.IC.2 Impacts of Computing

The student will discuss and describe strategies to manage screen time. (a) Define and describe screen time. (b) Explain the importance of responsible screen time management. (c) Discuss how screen time choices affect one's personal health and interactions with others.



Integration Opportunities

Understanding the Standard

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)

English 3.C.1a Facilitate structured student conversations regarding screen time using sentence stems as needed. Students should model active listening, expressing their ideas respectfully and asking questions to acquire information.

Math 3.MG.3 Have students create a daily schedule that includes both screen time and other activities, estimating the elapsed time for each. Track their elapsed screen time over a week and reflect on how it affects their health and social interactions.

Health 3.1.e, 3.2.e, 3.3.e Have students identify and discuss the effects of electronic devices on sleep and personal health and set goals for improving personal health. Create a checklist to record their daily progress.

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

As a class, brainstorm ways to be physically and mentally healthy, such as getting regular exercise, eating nutritious foods, learning new things, and having positive interactions with friends and family. Then, define "screen time" and have students record the amount of time spent using screens and what activities were completed using screens during the course of a few days. Evaluate each activity using the brainstormed list, deciding if the activity supported each of those healthy practices. Be sure to evaluate based on what was actually done during each activity, not what "could have been" done. In small groups, discuss how one could manage screen time to be able to support the healthy practices listed in class. Some great additional resources for this come from Common Sense Media: [How Technology Makes You Feel lesson](#); [Managing Device Distractions lesson](#).