



Integration Opportunities

English 4.W.1 d Have student pairs research the impacts of social media on personal health, then write and present opposing views using facts, details, and reasons to support their arguments.

Math 4.PS.1 Explore the impact of screen time on relationships and health by formulating questions, collecting data, organizing it into graphs, and analyzing the results to understand how screen time can influence friendships, family dynamics, and overall well-being.

Health 4.1.e, 4.2.e, 4.3.e Identify the benefits of rest, sleep, and physical activity and reflect on the impact of screen time on their physical, mental, and emotional health. Have students create individual wellness plans to ensure a balanced, healthy lifestyle.

4.IC.2 Impacts of Computing

The student will describe the impact of screen time on relationships at home and at school. (a) Describe the impact of excessive screen time on maintaining friendships and family dynamics. (b) Explain how playing video games and the use of social media can impact relationships and personal health.

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.
Communication	The act of giving, receiving, or sharing information. (from Common Sense Media)
Relationship	The way in which two or more people or groups regard and behave toward each other.
Social media	Digital platform that brings people together to talk, share ideas and interests, or make connections by hosting content created by hundreds or millions of different people.

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 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" or "should 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: [My Media Choices lesson](#); [Managing Device Distractions lesson](#).