TRACKING OUR DIGITAL HABITS | *LIKE*

Overview

> *This curriculum is part of a series of interactive activities associated with the documentary film, LIKE. In line with the mission of David Legacy's Foundation, the curriculum aims to support healthy habits and interactions among young people online. Partaking in these structured conversations about the complexities of digital life opens up lines of communication between parents, caregivers, and their children. Other activities in the series are designed to combat the pressures involved in having online identities and the deleterious mental health impact of cyberbullying on young people.*

LIKE begins with a startling statistic: More than two billion people worldwide have smartphones. We look at these devices an average of 150 times a day. For young people According to a recent survey[1], 8 to 12-year-olds in the U.S. spend about five hours on their screens each day. Teenagers use around 7.5 hours a day on screen for entertainment purposes.

How are young people using their screens and effects does such use have on their wellbeing? This activity offers a chance for young people to track their screen use in a single day.

Disclaimer

The activities in this package are provided to support family conversations around the topics shared in the *LIKE* screening and can be used at your discretion.

If at any time there are concerns about the well-being of a participant, please feel free to discontinue the activity.

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[1] Rideout, Victory, and Robb, Michael. B. (2019). *The Common Sense Census: Media Use by Tweens and Teens,* 2019. San Francisco, CA: Common Sense Media.
https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2019

Aims

Participants will note and analyze their online and device-using habits; additionally, they will evaluate their habits and devise an action plan for change.

Audience

This series of activities is directed at 11-18-years-old participants or those young people who are actively using screens and social media.

Materials

★ "Tracking Our Digital Habits" graphic organizer (see below)

Getting Started

First, let the participants know that they will be doing an exercise to track their screentime and reflect on their digital habits. Explain that the exercise is intended to be judgment-free, meant to honestly consider how we use our devices and on-screen time.

Activities

★ Open up an informal conversation about screen time. Ask participants: *If they took their best guess, how much time do they think they spend online?* Once you get some responses, pass out copies of the "Tracking Our Digital Habits" graphic organizer.

★ Instruct participants to fill out Step 1 of the organizer: *What are some of the screen time activities that you frequently engage in? Which ones would you like to change?* To prompt participants, give them some examples like checking Instagram or scrolling through TikTok.

★ Then, participants should take the graphic organizer and complete Step 2, in which they will take notes on their usage of screens from the time that they wake up to their bedtimes.

★ After completing Step 2, or tracking their screen activities for an entire day, participants

should take a minute or two to review their graphic organizer.

★ Tell them to turn to a partner and walk them through their screen usage on a given day.

★ Once both partners have enough time to share, ask for some responses: *What did you notice about your partner's screen time? Was it similar or different from yours? Did any patterns emerge?*

★ Next, direct participants to Step 3 on the graphic organizer. Then, give them a few minutes to write a response to the prompts:
    ○ *What did you notice about your screen time activities?*
    ○ *How did being online shape your mood?*
    ○ *Are there any "habits" or consistent behaviors that you'd like to change?*

★ Ask for a few responses from the entire group. Confirm their findings and direct participants to find connections among each other.

Wrapping Up

To wrap up the activity, tell participants that they are going to leave with an "action plan" for changing one digital habit. Ask them to finish the sentence under Step 4: *One way that I'd like to change my digital habits is…*

Then, ask them to jot down some ideas in the chart under Step 4 about how they'd like to make this change:

● *Why Do I Want to Make This Change?*
● *How Will I Make This Change Happen?*
● *What Do I Need to Make This Change Happen?*
● *How Will I Know If I've been Successful?*

If needed, tell them to look at the example action plan in the chart.

Extensions

★ Follow up with participants and check to see if they have made any changes to their digital habits. Ask them to report back on if they tried to make a change and what happened. If they were unable to alter their habits, see what barriers prevented them

from doing so.

★ Ask participants to draw connections between digital habits and online abuse, like cyberbullying. Does being more aware of our digital habits help us to address abusive situations online?

★ Direct participants, to read an article from *NPR Ed*, "Screen Addiction Among Teens: Is There Such a Thing?"[2] In the article, Dr. Michael Bishop, who runs Summerland, a camp for screen overuse, explains that we shouldn't think about teens screen time behavior as "addiction" but, instead, call it a "habit." "When teens think about their behavior as a habit," says Dr. Bishop, "they are more empowered to change." What do you think of this statement? Is screen addiction real, or is it best thought of as a "habit"?

Appendix

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[2] Kamenetz, Anya. "Screen Addiction Among Teens: Is There Such a Thing? NPR Ed, February 5, 2018. https://www.npr.org/sections/ed/2018/02/05/579554273/screen-addiction-among-teens-is-there-such-a-thing

Tracking Our Digital Habits

Step 1: Consider Your Online Habits

★ *What are some of your screen time activities? Which ones would you like to change?*

Step 2: Track Your Screen Use

TIME OF DAY	TYPE OF ACTIVITY	NOTES
	Circle any activity that you engaged in. It needed, write-in the activity under "Other." **Advanced learners can note their approximate # of minutes spent on each.	What are you doing during these activities (be specific, e.g., posting, writing comments, liking, taking photos)? How are you feeling? Note any changes in mood.
MORNING From Waketime to 11:59 am	Texting or Video Chat Social Media Browsing Sites Gaming Music Creating Streaming Video Reading Other (list):	

AFTERNOON From 12:00pm to 5:59pm	Texting or Video Chat Social Media Browsing Sites Gaming Music Creating Streaming Video Reading Other (list):	
EVENING 6:00 pm to Sleeptime	Texting or Video Chat Social Media Browsing Sites Gaming Music Creating Streaming Video Reading Other (list):	

Step 3: Reflect on Your Habits

> ★ What did you notice about your screen time activities? How did being online shape your mood? Are there any "habits" or repeated behaviors that you'd like to change?

Step 4: List an Actionable Change

One way that I'd like to change my digital habits is…

Why Do I Want to Make This Change? What do I want to happen as a result of this change in my behavior?	How Will I Make This Change Happen? What reasonable steps will I take to make this change?	What Do I Need to Make This Change Happen? What support do I need? Who can I ask?	How Will I Know If I've been Successful? What will be a successful marker of change?
I want to reduce my time reading news apps because it's been making me feel hopeless. I want to feel more upbeat and optimistic.	I will delete the app off my phone and only access the site via an internet browser. I will not check the news more than once a day.	I need accountability. I will ask my siblings to make sure I'm not looking at my phone.	If my mood is lifted and I feel less negative about the world.