

# Media Balance Checkup

**LULAC Program Curriculum:** 2021 Conexiones Program

**Activity Theme:** Self Image and Identity

**Estimated Time:** 20-30 minutes

**Introduction:** Media balance means using media in a way that feels healthy and in balance with other life activities like spending time with family and friends, school, hobbies, and many other things. It's important to make sure you are making time for online and offline activities.

Through this activity you will work with one or more family members to reflect on how you use digital devices, how they make you feel, and whether it feels balanced with your other activities. Have each person complete the worksheet separately then share what you wrote.

Bring the completed worksheet to your next class to discuss as a group.

**Materials/Special Requests:** Worksheet

## Media Balance Checkup

Would you consider yourself a passive user or an active user on social media? \_\_\_\_\_

Approximately how much time do you spend on your digital devices (cell phone, tablet, TV, etc.) per day? \_\_\_\_\_

When do you find yourself using digital devices the most? (in the morning, while you eat, before going to sleep, etc.)

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Overall, how does using digital devices make you feel?

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When does it make you most happy? Think about what device you're using, how you use it, and how often you use it.

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When does it make you least happy? Think about what device you're using, how you use it, and how often you use it.

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What is one thing you can do to make you feel happier when you use digital devices?

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Do you use your digital devices when you're with your family?

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Do you do other activities together with your family without devices?

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Does using digital devices ever cause problems with your family?

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Do you think you and your family use digital devices in a balanced and healthy way?

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What is one activity you would like to do with your family without devices?

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