

*** DID YOU KNOW ...**

Teens aren't the only ones who love their cellphones: Ninety-one percent of all adults have their mobile phones within arm's reach every hour of every day.

Unjumble to find the hidden words

1. airf seu _____

2. rcghitpyo _____

3. ed-eaascelt _____

4. dliaigt ecnizti _____

5. mlsiie _____

6. iadlgit eaimd _____

*** WHAT DO YOU THINK?**

What are some of the benefits of digital media for our country as a whole? What are some of the problems it might cause?

*** DO YOU REMEMBER ...**

What digital media are and what role they play in our lives?

1. Family Activity

Carrie was sitting at her family's dining room table studying for a history midterm she had coming up. She promised herself two days ago that she was going to study for a couple hours each night until the exam, which was now the next day. Carrie really needed to do well on the test: At her school, the rule was that students could only compete in sports events if their grades were high enough. Carrie was supposed to play in tennis regionals at the end of the month, but she needed to boost her history grade by eight points. The last couple of days were not very productive, so Carrie was really feeling the crunch. She tried to focus, but the material was just so boring. Before long, Carrie found herself scrolling through her newsfeed instead of her World War I study guide. Then, her phone buzzed next to her, and she noticed she had 22 text messages in her group text. This was not going well. Carrie flipped her phone onto silent, turned it upside down, and decided to see if she could find any interesting history videos about World War I on YouTube. An hour later, Carrie had gotten totally pulled into a series of epic rap battles of history but had made no progress on her studies.

2. Think Out Loud!

- What is your immediate reaction to this situation? What seems realistic or unrealistic?
- Do you ever find yourself distracted when you're trying to do homework or study? What distracts you the most?
- What advice would you give to Carrie about how to minimize distractions and focus?
- Carrie turns her phone upside down to try to minimize the distraction. Is this a useful strategy? Why might it help (or not help)?
- Where do you think kids should learn about good study habits and managing digital distractions? From parents? From older siblings or friends? At school?

3. Common Sense Says ...

If your phone is right next to your bed, it's often tempting to quickly check for new messages or even just check the time. In fact, you might do it out of habit, without even noticing. But the glow of your screen can make you feel more awake when you're really trying to fall asleep. Consider charging your phone across the room so it isn't within arm's length of your pillow. (If you use your phone as an alarm, an added bonus is you'll have to get yourself out of bed to turn it off!)