

# Video Discussion



Quick Activity

What You'll Need: • [Video](#) • [Student Handout](#) • [Student Handout \(Spanish\)](#)

## Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video that explores whether screen time can be bad for your health.*
2. **Show** the *Above the Noise* video [Screen Time: How Much Is Too Much?](#) by KQED Education (5:20 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.  
**Optional:** You can also distribute the [Student Handout](#) and have students respond to the questions prior to group or whole-class discussion.

## Discussion Questions

1. *What is the difference between active and passive use?*

Sample responses:

- Active use: contributing online via posts, comments, or other forms of communication and expression
  - Passive use: scrolling through online content without reacting to the content
2. *Which type of screen time do you engage in more?*
    - Answers will vary.
  3. *What screen activities do you value and what do you want to cut out?*
    - Answers will vary.



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

[commonsense.org/education](https://commonsense.org/education)

Shareable with attribution for noncommercial use. Remixing is permitted.

