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.