Video Discussion

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 exploring how digital media tries to hook you and what you can do about it.*
2. **Show** the video Teen Voices: The Pressure to Stay Connected (3:19 minutes). (Note: Use the video video player to turn on subtitles in Spanish.)
3. **Lead** a class discussion exploring the questions below.

**Distance learning option:** Have students watch the video and complete the handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. **What media habits did teens talk about?**
   Sample responses:
   - Checking their phones regularly
   - Binge-watching shows and videos

2. **Which features of design hooked them? Can you think of other features that weren't mentioned in the video?**
   Sample responses:
   - Autoplay on Netflix and YouTube
   - Likes and comments on social media apps
   - Goals and levels in online gaming

3. **Do you think their media habits add value and meaning to their lives? Explain.**
   - Answers will vary.