

## Application: Finding Balance with Media Choices

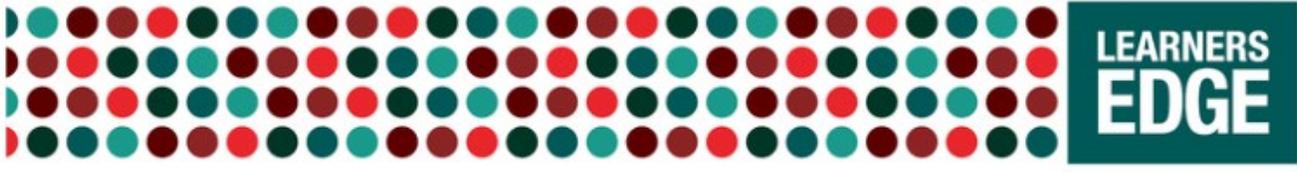
In order to remain accountable to both ourselves and our students, we should probably look at how we use digital tools to be a good digital citizens and good models!

Please complete the following steps to complete this application.

**Step 1:** Keep track of your media use for one day, from morning to night. No judgement- we promise! You and only you will be able to see this tracking sheet.

Below is an example inventory from a fella we'll call Sid. You may use this as a guide, but feel free to create your own version.

What media did you use?	When did you use it?	How much time did you spend?	How did you feel?
<b>Example:</b> A group text with my friends about our fantasy football teams	Morning	30 minutes	Connected with friends, enjoyed the conversation
<i>Spotify</i>	During prep time	15 minutes	Relaxing to listen to calm music during the day
<i>Instagram</i>	After I got home from school	25 minutes	Happy to see what some friends have been up to, frustrated that other friends are enjoying a vacation and I'm not
<i>Toon Blast</i>	After dinner	45 minutes	I can't believe I wasted so much time on this app.
Watch <i>The Office</i> on Netflix	Late evening	30 minutes	Enjoyed the humor to help wind down at the end of the day.



**Step 2:** Look back at your tracking sheet and determine which of your listed interactions with media are **active** (engaging, creating) or **passive** (surfing, scrolling, passing time). You can read more about screen time use at "[Are Some Types of Screen Time Better Than Others?](#)" via Common Sense Media.

**Step 3:** Now, we invite you to choose one "takeaway" from this activity to inspire you to improve! Sometimes it just takes a little nudge to create a basic plan. Let this be it!