

Grades 9–12

Tech Habit Challenge



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Essential Question

How can I build *positive habits* around media and tech to support my well-being?



LEARNING OBJECTIVES

1

Reflect on the role that media and tech play *in our lives*, both positively and negatively.

2

Use active listening strategies to help others reflect on their *tech habits*.

3

Develop a tech habit challenge to help support more *positive use* of media and tech.



What are habits and why do they matter?

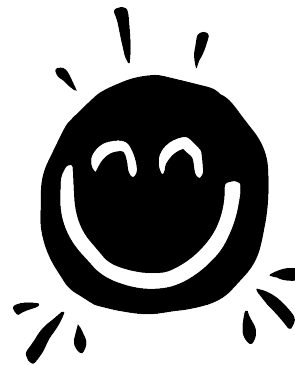




CLASS DISCUSSION

What's an example of a *good habit* you have?

What makes something a good habit?





Key Vocabulary

Digital well-being – Experiencing media and technology in ways that support one's mental, physical, social, and emotional health.



Tips for Interviewing

- Show you're *listening*.
- Keep the conversation *focused on them*.
- Say back to your partner what you hear them saying.
Check if you got it right.
- Be *supportive* and show you hear and understand them.
- *Pauses are OK!* Let the person being interviewed break the silence.





Sticking With a New Habit

1. Make sure you've picked a habit that you actually *want to change*.
2. Be as *specific* as possible about what you'll do differently.
3. *Start small* and choose a challenge that feels very do-able ...
You can build on it later!



ACTIVITY

Tech Habit Challenge



Choose a Habit

What is one tech habit you want to change or start doing?

Why the Change?

Why is it important that you change (or start) this habit?

What Are the Alternatives?

To change a habit, it's helpful to come up with something else to do instead of the old habit, like an alternative for what you could be doing. What do you want to do instead of your usual habit?

Use Some Tricks!

Are there any other tricks that could help you with your habit challenge?

Tip: *Think about ways you can make the old habit harder, and the new habit easier!*

Who Can Help?

According to habit science, it can be easier to change a habit **when you have help**. Who can help you stick to your tech habit challenge? How can they help?



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