March 12, 2025

Welcome!

MEDIA BALANCE & WELL-BEING

We find balance in our digital lives.

CYBERBULLYING, DIGITAL DRAMA & HATE SPEECH
We are kind & courageous.

OASIS ELEMENTARY SOUTH
CITY OF CAPE CORAL

Screen Time

Too much screen time may lead to:

- Sleep problems
- Anxiety
- Lower grades in school
- Reading fewer books
- Less time with family and friends
- Not enough outdoor or physical activity
- Weight problems
- Mood problems
- Poor self-image and body image issues
- Fear of missing out
- Less time learning other ways to relax and have fun

Media Balance

Pause for People

How do you say goodbye to technology when you don't want to?

K-2

https://www.commonsense.org/education/videos/meet-the-digital-citizens-arms

3-5 https://www.commonsense.org/education/videos/my-media-balance

Pause, Breathe, Finish Up
https://www.commonsense.org/node/5035754

Turn and Talk

- According to the video, what is media balance?
- How are some choices more healthy or less healthy than others?
- What does media balance look like for you?

OASIS
ELEMENTARY SOUTH
CITY OF CAPE CORAL

Turn and Talk

- Review the worksheet together and complete it while discussing the topic.
- K-2 Pause and Think Moment pp.1-3
- 3-5 Digital Habits Checkup Student Handbook

OASIS
ELEMENTARY SOUTH
CITY OF CAPE CORAL

Being Mean Online

Online Meanness

Accessing Inappropriate Sites

What does inappropriate mean in your family?

Ask your child: How do you know if a site, video, or conversation is inappropriate?

Tell your child your criteria for inappropriate sites, videos, and conversations.

Make a plan for when they access an inappropriate site/video. What do you want them to do?

Plan for Success

Complete the Perfect Day worksheet.

Finally, work on your Family Tech Planner.

OASIS
ELEMENTARY SOUTH
CITY OF CAPE CORAL