

My Media

*** DID YOU KNOW ...**

Over 50 percent of 13- to 32-year-olds have taken a selfie in the last week!

Unjumble to find the hidden words

1. ngwloeakecd _____

2. eggetraax _____

3. enocnuscseeq _____

4. otmtavei _____

5. rpnopoiutty _____

6. aibth _____

*** WHAT DO YOU THINK?**

What are some of the most common activities for which you use digital media? What would a day be like without any digital media?

*** DO YOU REMEMBER ...**

How you can assess your personal media habits and how much time you spend with different forms of media?

1. Family Activity

Use the My Media Log to track your media habits for at least 24 hours.

After you finish, share your log with a friend or family member. Are you surprised by your media time in any of the categories? Is it more or less than you expected? Ask your friend or family member how his or her media use compares to yours.

2. Tech It Up!

Create a graph, a chart, or an infographic to display your media use over a 24-hour period. Tech up your chart by using a free website such as Infogr.am (<https://infogr.am/app/#/library>) or Piktochart (<http://piktochart.com/>).

3. Common Sense Says ...

We all need valuable relationships! Make sure you're not missing out on valuable time with the people you care about because you can't put down your device. Take tech breaks every day, and don't be afraid to ask the person you're hanging out with to do the same so you can spend some uninterrupted time together.