Screen Time

Focus Questions

1. Before watching the story, discuss as a class how much time you spend on screens each day.
2. What did the BTN *Screen Time* story explain?
3. What percent of kids said they use screen-based devices for more than 5 hours a day?
4. It is recommended that school kids should have no more than…
   a. 1 hour of screen time daily
   b. 2 hours of screen time daily
   c. 5 hours of screen time daily
5. How can too much screen time impact on kids' health?
6. Why is screen time before going to sleep a problem?
7. Complete the following sentence. Melatonin is a _____ which affects your sleep cycle.
8. What can kids do to reduce their screen time?
9. What was surprising about the BTN story?
10. How do you manage your screen time? Discuss in pairs.

Activity

Pre-viewing questions

Before watching the BTN *Screen Time* story, hold a class discussion asking the following questions:

- How much time do you spend on screen-based devices each day for fun?
- What do you do? E.g. social media, surfing the internet or video games.
- Do you think you spend too much time on screen-based devices?
- What do you think is the recommended time that kids should spend on screen-based devices each day?

Activity

Class Discussion

After watching the BTN *Screen Time* story, hold a class discussion, using the following discussion starters. Brainstorm ideas in small groups and then students will report their group's responses to the class.

- How do you manage your screen time?
- Think of 3 reasons why kids should reduce their screen time.
- Why do you think BTN covered this topic?
- What was surprising about the BTN story?

Key Learning

Students will investigate the negative effects of too much screen time. Students will explore ways they can manage their own screen time.

Curriculum

Health and Physical Education – Years 3 & 4
Identify and practise strategies to promote health, safety and wellbeing.

Discuss and interpret health information and messages in the media and internet.

Health and Physical Education – Years 5 & 6
Plan and practise strategies to promote health, safety and wellbeing.

Digital Technologies – Years 3 & 4
Plan, create and communicate ideas and information independently and with others, applying agreed ethical and social protocols.
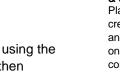
Digital Technologies – Years 5 & 6
Plan, create and communicate ideas and information, including collaboratively online, applying agreed ethical, social and technical protocols.

Digital Technologies – Years 7 & 8
Plan and manage projects that create and communicate ideas and information collaboratively online, taking safety and social contexts into account.

⚙ Activity

KWLH

Discuss the BTN *Screen Time* story as a class. What questions were raised in the discussion and what are the gaps in their knowledge? The KWLH organiser provides students with a framework to explore their knowledge on this topic and consider what they would like to know and learn.

What do I *know?*	What do I *want to know?*	What have I *learnt?*	How will I *find out?*

Topics of inquiry

Students will develop their own question/s for inquiry, collecting and recording information from a wide variety of sources. Students may develop their own question for inquiry or select one or more of the questions below.

- What are the recommended screen time limits for kids? Explore how much time kids of different ages should be spending on screen-based devices each day (recreational). Create an informative poster highlighting the recommended screen time limits to put up around your school.

- Why can too much screen time be a problem for kids? Investigate the effects of screen time on the health and wellbeing of kids. Explore how it can impact on kids' physical health, mental health and social skills.

- How can kids reduce their screen time? Think of some strategies that can help kids reduce their screen time and have a more active lifestyle.

⚙ Activity

Class survey

Students will conduct their own survey asking kids at their school about the amount of time they spend on screen-based devices. Working in groups, students will need to decide on the objective of their survey, who their sample group will be, how many people will be surveyed and what method they will use to conduct the survey.

Questions

Working in groups, decide on the questions you will ask in your survey, making sure they are simple, clear and relevant. Below are some example questions:
- What screen-based devices do you use?
    - Mobile phone
    - Tablet
    - Computer
- Do you have your own mobile phone?
- Do you have your own tablet?
- How many hours of screen time do you have each day for fun?
    - 0 to 1 hour
    - 1 to 2 hours
    - 2 to 3 hours
    - More than 3 hours
- Do you think you spend too much time on screen-based devices?
- Do you spend time looking at a tablet/computer/phone/TV in bed at night?

Sample size

Sample size is important for obtaining reliable data. The greater the number of people surveyed, the more likely the prediction will be accurate. As a group decide what you will need to achieve an adequate sample size. You will need to think about the following:
- What is your population size? E.g. whole school

- How big a sample do you need?
- How diverse is your sample?
- Will it be random or targeted?
- How will you invite people to participate?

| **Survey** | Once you have decided on the objective of your survey you will need to decide on how you will conduct your survey (e.g. Face to face or written responses). Conduct your survey and then sort and enter the information you have collected into a spreadsheet. |

| **Present** | What is the best way to represent the data you have collected? Summarise the information you have gathered and represent the results as a percentage. Alternatively create a graph, draw a diagram or create an infographic to highlight the survey results. |

| **Analyse** | Analyse and reflect on your results. Respond to one or more of the following questions: |

- What do the survey results tell you? Write a short paragraph explaining the results.
- What would you do differently next time?
- How do your results compare to that of BTN's results?

⚙ Activity

Technology Challenge

The BTN *Technology Challenge* story asks students to think about how much time they spend on devices and how they can balance their screen time with other activities. There are also teacher resources which include activities for students to complete like auditing the time they spend on technology and challenging them to see how long they can go without technology.

BTN *Technology Challenge* story
Video and Teacher Resource

⚙ Activity

Ask a Reporter

Ask Jack your questions about the *Screen Time* story on BTN's *Ask a Reporter*, at 2:15pm (AEST) Friday 15th November 2019. Ask A Reporter provides students a chance to ask BTN reporters' questions - directly to the reporter responsible for the story. Each Friday BTN will live stream a 20-30min Q&A session.

Useful Websites

Screen Addiction – BTN
https://www.abc.net.au/btn/classroom/screen-addiction/10528738

Technology Challenge – BTN
https://www.abc.net.au/btn/classroom/technology-challenge/10524950

Kids Sleep – BTN
https://www.abc.net.au/btn/classroom/kids-sleep/10530126

Screen time guidelines – Growing good habits
https://www.growinggoodhabits.health.qld.gov.au/need-to-know/screen-time-guidelines/

ABC | Australian Broadcasting Corporation
News