LESSON ONE

LESSON 1: Awareness of Screen Use

OBJECTIVE

- Students will become aware of screen use (TV, movies, video games, computer).
- Students will create a graph based on types of screens used the previous day.

COMMON CORE STATE STANDARDS

- ENGLISH LANGUAGE ARTS
  * **CCSS.1.W.6** With guidance and support from adults, use a variety of digital tools to produce and publish writing, including collaboration with peers.

- MATHEMATICS
  * **CCSS.1.MD.4** Organize, represent, and interpret data with up to three categories; ask and answer questions about the total number of data points, how many in each category, and how many more or less are in one category than in another.

LESSON OVERVIEW

- Students complete pictograph using a poster size media icon graph.
- Students discuss pictograph and viewing habits.
- Students use information/data from class pictograph to make individual bar graphs.

MATERIALS NEEDED

- *Class Screen-Use* Pictograph Worksheet 1.1
- Stickers
- Bar Graph Worksheet 1.2

Family Newsletter

Distribute Issue One of the *Take the Challenge* ✶ *Take Charge* Family Newsletter.

Step 1.1: Students Graph Screen Use

Teacher's Note: Before beginning this lesson, prepare a pictograph using the pictures provided on the page labeled Step 1.1.

- **Tell Students:** Throughout the year we will be learning how TV, VCR, DVD, and video and computer game use affect our lives. First, we're going to become aware of our screen use.

- **Tell Students:** Now we're going to find out how many of you watched TV or played a video or computer games **yesterday**. When I call your name, you will tell me which of these things you did yesterday. If you watched television, I will give you a sticker to put above this big TV on the graph. If you watched a VCR tape or a DVD, I'll give you a sticker to put on the graph. If you played a video or computer game, I'll give you a sticker to put on the graph.

Example/Prompts:
- Did you watch TV before school yesterday?
- Did you play a video game when you got home from school?
- Did you play a game on a computer?

Step 1.2: Students Discuss *Class Screen-Use* Pictograph

---

*CCSS.1.W.6 & CCSS1.1

- **Tell Students:** We have created something called a pictograph. Let's see if we can figure out what this graph tells us. What did we use the most? TV, VCR/DVD movie, or video games?

- **Tell Students**: Let's see how many students in our class spent time watching screens yesterday **(Tally each column)**. That's a lot of screen use! We're going to use the information/data from our pictograph to make bar graphs.

Teacher's Note: Distribute and complete individual bar graph Worksheet 1.2.

- **Tell Students**: We're going to write a summary of the information/data that is on our graph. Looking at your bar graphs, what does the information/data tell us? (Remind students to restate the question in their oral response.) Record all responses.

Possible responses:
 -The data tells us we watched TV the most.   -The data tells us 3 people played video games.

- **Tell Students**: Now we're going to combine the sentences in our summary.
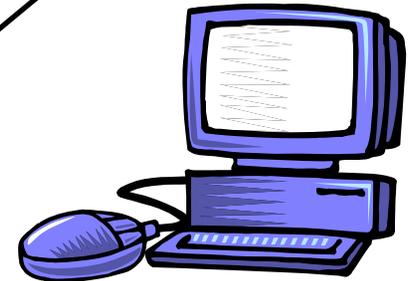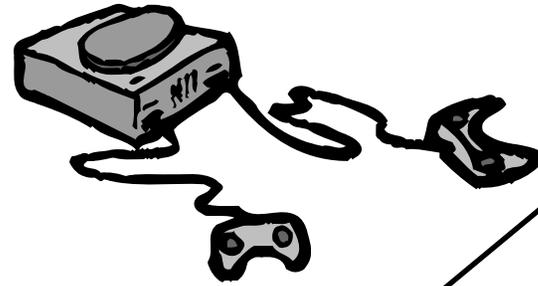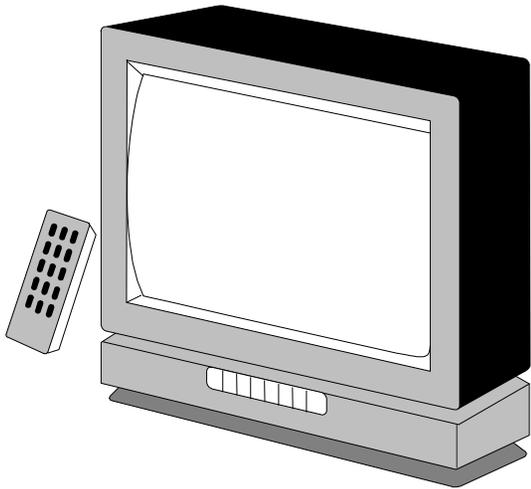
Example:
- The data tells us we watched TV the most and 12 people played video games. It also tells us only 3 people watched a VCR/DVD movie.

Sample Pictograph

Class Screen Use		
☐		
☐		
☐	☐	
☐	☐	☐
☐	☐	☐

Stickers

	TIME SPENT WATCHING SCREENS		
30			
29			
28			
27			
26			
25			
24			
23			
22			
21			
20			
19			
18			
17			
16			
15			
14			
13			
12			
11			
10			
9			
8			
7			
6			
5			
4			
3			
2			
1			
	TV	**VCR/DVD**	**Video Game/ Computer**

Name: _____

Take the Challenge — TAKE CHARGE
Turn Screens OFF.....Turn Life ON

Family Newsletter – Issue One

Welcome to the first issue of *Take the Challenge ✳ Take Charge* family newsletter!

Your child will be participating in the media awareness and screen turn-off program called *Take the Challenge✳Take Charge*. Originally developed by Stanford University, these lessons have been adapted by a core group of teachers to be grade level appropriate. This program includes lessons in reading, writing, social studies and mathematics that will help students understand the issues that arise from spending too much time watching TV and using screens.

The goal of these lessons is to help kids make better choices. The main objective is to reduce the amount of time children spend watching television and playing computer/video games and to replace that time with positive, healthy, family friendly alternatives.

As parents you may wonder what impact excessive screen use may have on your child. Research shows:

- Students who watch less TV are more able to pay attention and follow directions resulting in better academic performance.
- Playing violent computer/video games and watching violent television shows/movies makes children more aggressive and teaches them that violence is a way to solve problems.
- Spending too much time watching TV and playing computer/video games can make kids less fit and overweight.

Over the next few weeks your child will be participating in several *Take the Challenge ✳ Take Charge* activities. These activities will help your child become aware of his/her electronic media habits. Please join us as we take the challenge and take charge.

Scary Statistics
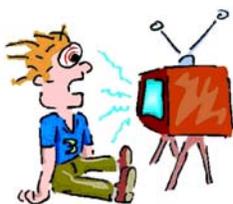
- ✓ On average, children 8 years and older spend 44.5 hours each week using screens.
- ✓ 46% of all television violence is aired in children's cartoons.
- ✓ Most of the top-selling video games (89%) contain violent content, almost half of which is of a serious nature.
- ✓ By the time the average child is 18 years old, they will have witnessed 200,000 acts of violence and 16,000 murders.