

LESSON

Nine

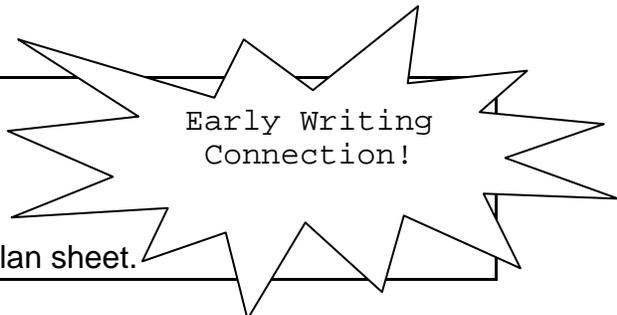
LESSON 9: Calling All Media Police!

OBJECTIVE

- Students will be trained as official **Media Police Officers**, with a duty to protect their homes from the glassy-eyed **Media Zone** and a full **Media Take-Over**.

LESSON OVERVIEW

- Children are trained as official media police officers.
- Children learn about Media Wise Sessions.
- Children discuss using Screeny Scenarios.
- Children write about being a media police officer.
- Families receive a take home letter and Family Screen Plan sheet.



Early Writing
Connection!

MATERIALS NEEDED

- A Media Police Badge for each child with the child's name on it. Ideally, it should be laminated, with a clip for attaching to shirt/pants or attached to a lanyard.
- Screeny Scenarios sheet for Media Wise Sessions.
- Parent letter, Media Take-Over
- Family Screen Plan sheet
- Poster visuals for the things we want more than screen time: To be healthy, smart & friendly.
- Writing Prompts PSW9a,b and c

KEY TERMS

Screen Zone
Media Take-Over
Promise Ceremony
Family Media Meeting
Family Screen Plan
Screeny Scenarios
Media Wise Sessions

PROCEDURE

Step 9.1: Keep the Challenge Alive!

- **Tell Children:** You all took the challenge and went screen-free for a whole week. Now we want to keep the challenge alive by continuing to make wise and healthy media choices the rest of the year! I am so proud of each of you that I want to offer you a very special job. Each of you can become official media police officers. This is a very important job. You will be in charge of keeping your family safe from falling into the screen zone and your home safe from media take-over. The screen zone is when someone in your house has forgotten to make wise and healthy screen choices and a media take-over is when screens are on all around you, all the time, and no one is even trying to make wise choices anymore!
- **Ask Children:** Do you think you are wise enough and strong enough to handle an important job like this? You will need to be very brave.

Step 9.2: The Promise Ceremony

- **Tell Children:** Today, to become media police, you will be promising to do your best to keep your home and family safe. Everyone stand, raise your right hand and repeat after me: (Allow repeat time after each phrase)
 - **As a media police officer...I promise...to do my best...to keep my family safe...from falling into the Screen Zone...**
 - **As a media police officer...I promise...to do my best...to keep my home safe...from a Media Take-Over...**
 - **As a media police officer...I promise...to do my best...to keep my media habits...wise & healthy...**
- **Tell Children:** I now present each of you with your badge of service. Wear this proudly whenever you are on duty. (Give each child their badge)

Note: Choose & copy ahead of time which badge you will use or let children choose their own design. Allow preparation time for names, laminating, and attaching to clips or lanyards as needed.

Step 9.3: Beware of a Media Take-Over!

- **Tell Children:** For the rest of the year, you will remain official Media Police officers. Your duties will be to watch for and protect your family against a **media take-over**. Remember, a media take-over happens when everyone forgets to think about how much time they are watching TV or videos and they forget to take breaks from video games. The screens **take over** the whole house and *everyone* is stuck in the **SCREEN ZONE!** As media police, it will be your important job to watch out for a media take-over. One way you can keep an eye on things is to sit down with your family and make a plan at the beginning of the week for how much time you will be watching TV or playing video games. I will send a letter home to your parents telling them all about it.
- Here at (preschool/daycare) we will be talking about wise & healthy choices every week. These will be called Media Wise sessions. During each session, we'll check-in with one another to see how it's going at home in your duties as media police.
- During our Media Wise Sessions, we will also practice making wise and healthy choices and finding solutions to tough problems through our Screeny Scenarios. Do you remember doing those a few weeks ago?

We will be meeting every week for our Media Wise sessions on _____(Tell Children which day of the week/time and add it to the class schedule so children can count on it.)

NOTE: Writing prompts 9a-9c are meant to be used following lesson 9. They can be spread out over several weeks or even longer, alternating with other Media Wise session activities. These activities are your main Take the Challenge connections for the remainder of the year. Your commitment to keeping these activities in your weekly routine will ensure that it stays in the children's thoughts and makes an ongoing impact in the home. You can find many creative ways to encourage media awareness through your weekly planned activities; reminder notes, contests, family fun nights, related children's literature...

Take the Challenge—Keep the Challenge Alive!

For further information regarding this preschool media reduction curriculum or the Take the Challenge initiative, contact:

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Step 9.4: Role Playing Solutions to Tough Situations

- During weekly Media Wise sessions, students are asked to share positive experiences they have had that week while watching over their homes as media police.
- Included in these sessions should be 1-2 Screeny Scenarios where students practice role-playing solutions to tough and tempting media situations.

Screeny Scenario #1

Your sister and brother want to watch cartoons but you know the TV has been on for 2 hours already. You know you should say something but the cartoon coming on is one of your favorites too. What should you do? What should you say?

Brainstorm possible responses. Choose two students to role-play this scenario.

Screeny Scenario #2

You come out of your room and see your brother and sister playing video games. You think that playing a board game would be a SMARTER choice. What could you say to them? What would you do/say if they say they just want to keep playing or get crabby about it?

Brainstorm possible responses including calling a family meeting. Choose two students to role-play this scenario.

Screeny Scenario #3

Your parents are out and you have a babysitter. Your babysitter wants to watch a video. You've seen the video many times before and would rather do something else. Your babysitter says, "We can do something else if you want. What else is there to do?"

Brainstorm possible responses. Choose two students to role-play this scenario.

Screeny Scenario #4

Your grandmother is visiting for the month. She watches a lot of TV all day. When you come home from school, she gives you a hug and invites you to watch TV with her. You would rather do something else. Your grandma says, "I'm glad that you wanted to do something else rather than watch TV. It's a good idea to turn this thing off once in a while. Why don't you want to watch TV? Did you learn something about it at preschool?"

Brainstorm possible responses. Choose two students to role-play this scenario.

Note: You might want to get out the visual posters of what we want instead of too much screen time. (Smart, Healthy, and Friendly)

You can make up your own screeny scenarios when these run out. The children will likely give you some good ideas when they share their personal family stories so be ready to jot these down.

Family Media Meeting

1. How much time in front of the screen were we spending before we did our Screen-Free Challenge? (Remember your 3-day Screen-time Log?)
2. What do you all think is a good number of hours for us to watch TV or play video games each day? (It should be less than your answer in #1)
3. Let's make a plan for the week showing how each of us is going to use our screen time.

Roll-over is allowable, so a person might choose to collect extra hours to use on the weekend.
You can use a calendar or make one up, so get out the TV guide and plan away...

4. The Promise Contract (See below)

We promise to follow our Family Screen Plan and enjoy only _____ hours of screen time a day, or no more than _____ hours each week.

We promise to keep a smile on our faces when our screen time is all used up. (That means we won't whine, complain or argue!)

We promise to find other FUN things to do instead of screening all day.

We promise to plan another family meeting to problem solve if the plan isn't working.

Family Signatures Here: (Scribbles are allowed. ☺)

Being a media police officer is a big job. I need to _____

Here is a picture of me keeping my family safe.



The best thing about being a media police officer is _____

Here is a picture of me doing my job.



The hard thing about being a media police officer is _____

Here is a picture of how that makes me feel.



Beware of Media Take-Over!

Dear Parents,

We want to congratulate you on a successful Screen-Free Challenge! We had many positive comments from kids and families.

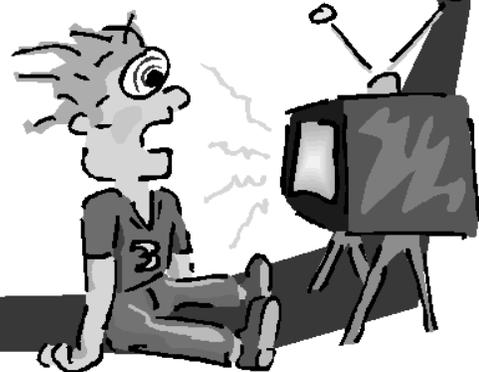
We would like families to continue to monitor their screen use. During the Challenge, families and children found many healthy alternatives to screening and we would like to see these fun and healthy activities continue.

The children have been appointed official Media Police officers. They have received their badges and been trained in their duties to protect your home from unhealthy media choices. They will be watching for signs that family members are falling into the SCREEN ZONE (That glassy-eyed place where nothing else matters and limiting screen time isn't important anymore). They will also be on the look-out for a full MEDIA TAKE-OVER (The family as a whole has fallen into the "screen zone" and prior commitments to limit screen time have gone out the window).

In order to do the task, they will be asking for a Family Media Meeting to discuss how your family wants to participate. We are encouraging you to keep your screen-time to a level that is an improvement from before the Challenge, whatever that looks like for you. A healthy goal might be to limit screen time to 1-2 hours/day, or 7 hours/week. Each family member will need to think about what they would like to do with their screen time and be committed to turning it off when their time is up. Making a Family Screen Plan ahead of time will offer a much greater chance of success.

We hope you will join us in this on-going media adventure.

Sincerely,



Looks like the "Screen Zone"!