

Technology/Media Choices

Month: Mar.

Week #: 26

Day: e. Fri. Time: 20 minutes

Make a Commitment!

Life Tree Learning Systems ©

Objectives/Aims

The students will: make a commitment based on what they learned about the appropriate use of TV and computers.

Materials

pencil, Technology/Media: Make a Commitment! (found under 'Computer Generated')

Illustration

What is Number 7 trying to decide?
The kind of decision he makes will show whether or not he respects himself.

Background

See previous days.

Group Activity

1. Say, "In the past few days we've studied the effects of the TV and the computer, both in terms of quantity (how much time we spend viewing or using the TV or computer) and quality (what shows we watch or what computer programs we use). Now it's time for you to decide how much time you're going to spend in front of the TV or using the computer. In addition,

you're going to decide what TV shows are good for you and how you're going to use the computer. When your done filling out your paper, we're going to collect it and then send it home to your parents. Your parents will have the final say about this issue."

Hmmm? How many hours should I watch TV and play computer games?

What TV shows should I watch and what kinds of video programs should I use?



Group Discussion Questions

1. What did you learn about using the TV this week?
 - A. Answers will vary, but use the question as a way to review the week's objectives.
2. What did you learn about using the computer and playing video games this week?
 - A. Answers will vary, but use the question as a way to review the week's objectives.

Conclusion

Say, "When the automobile was first invented, there many accidents and deaths because the 'rules of the road' had not yet been established: people drove on both sides of the street, there weren't any stoplights or stop signs, and there weren't any posted speed limits. In time, our society learned how to limit this new-fangled 'horseless carriage,' this new technology, so that it was no longer such a threat to life and limb and was a benefit to society (although some scientists would argue its benefits). Both the TV and computer are relatively recent inventions, and although the TV and computer do not pose any physical danger, they can adversely affect us if they are used inappropriately. We need to figure out the 'rules of the road' for the TV and computer so that they can benefit us."

Hmmm? How many hours should I watch TV and play computer games?

What TV shows should I watch and what kinds of video programs should I use?



**What is Number 7 trying to decide?
The kind of decision he makes will show whether or not he respects himself.**

Dear Parent,

After a week of studying the affects of technology and media, the students are being encouraged to make responsible choices about their use. This use includes both the amount of time viewing TV or interacting with computers and the types of programs that they watch and utilize.

This commitment form needs to be approved by you. Your child has initially filled out this form in pencil so that you can make any changes if necessary. We also realize there might be occasional exceptions to these rules.

TV/Movies:

I, _____, will watch no more than _____ hours of TV on a school day.

I will watch no more than _____ hours of TV on a non-school day. (i.e. weekends, holidays)

I will watch no more than _____ hours of TV per week.

I will only watch TV shows or movies that _____
_____.

Note: Pediatrician are recommending that a “child’s total media time be no more than 1 to 2 hours of quality programming per day.”¹

1. American Academy of Pediatrics, Committee on Public Education. Children, Adolescents, and Television. PEDIATRICS Vol. 107 No. 2 February 2001 423. Accessed on the web at: http://aappolicy.aappublications.org/cgi/reprint/pediatr_ics;107/2/423.pdf Last visited on 3/5/08

Computer, Video Games:

I, _____, will play no more than _____ hours of video games per day.

I will play no more than _____ hours of video games on a non-school day. (i.e. weekends, holidays)

I will only play video games that _____
_____.

Note: The information that was used in the video game portion of this lesson came from: http://www.mediafamily.org/facts/facts_effect.shtml