

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

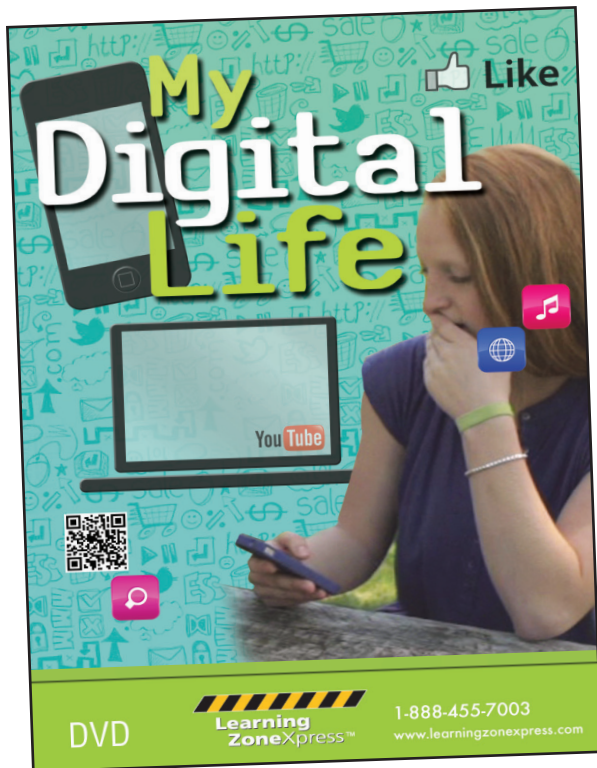
### Review:

After watching *My Digital Life*, answer the following questions.

1. Name two ways that kids and teens use technology. \_\_\_\_\_  
\_\_\_\_\_
  
2. Children spend an average of \_\_\_\_\_ hours on screen-time weekly.  
That average increases to \_\_\_\_\_ hours when media multitasking is included.
  
3. Online space is similar to a bedroom with \_\_\_\_\_.  
Anyone can see inside and share with anyone else today or tomorrow.
  
4. Young people today have a permanent \_\_\_\_\_.
  
5. When you post something online, what should you consider beforehand?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
6. What do we lose when we shift our attention? \_\_\_\_\_  
\_\_\_\_\_

7. How many tasks can the human brain devote focused attention to? \_\_\_\_\_
8. Describe the situation that the experts compare multitasking to.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. What does the research show regarding people who multitask versus those who do not?  
\_\_\_\_\_  
\_\_\_\_\_
10. What are the benefits of having a “tech curfew”? \_\_\_\_\_  
\_\_\_\_\_
11. The average teen gets \_\_\_\_\_ less sleep than they actually need.
12. How long prior to bedtime should you turn off technology? \_\_\_\_\_
13. What is negatively associated with feelings of social success? What is the solution?  
\_\_\_\_\_  
\_\_\_\_\_
14. It is best to work out \_\_\_\_\_ face-to-face.
15. What is face-to-face time critical for developing? \_\_\_\_\_
16. For optimal creativity, your brain needs \_\_\_\_\_.
17. The benefits of reducing time online include: \_\_\_\_\_
18. Your best memories are more likely a result of \_\_\_\_\_  
than \_\_\_\_\_.





# ANSWER KEY

## Review:

After watching *My Digital Life*, answer the following questions.

1. Name two ways that kids and teens use technology. ***Kids and teens use technology for homework and socializing.***
2. Children spend an average of ***53*** hours on screen-time weekly.  
That average increases to ***71*** hours when media multitasking is included.
3. Online space is similar to a bedroom with ***glass walls***.  
Anyone can see inside and share with anyone else today or tomorrow.
4. Young people today have a permanent ***digital footprint***.
5. When you post something online, what should you consider beforehand?  
***You should consider your current friends, your future, and how people might see you, and how you like your friends and the people you know or haven't met yet to see you. Are you what you represent yourself to be online?***
6. What do we lose when we shift our attention? ***We lose speed, efficacy, and accuracy when we shift our attention.***

7. How many tasks can the human brain devote focused attention to? One task at a time
8. Describe the situation that the experts compare multitasking to.  
The expert compared multitasking to simultaneously reading a book and waiting for a phone call.  
The phone call is holding you back and prevents you from fully retaining the information that you are reading.
9. What does the research show regarding people who multitask versus those who do not?  
The research shows that people who multitask don't perform as well as their peers who don't multitask.
10. What are the benefits of having a "tech curfew"? Improves levels of sleepiness, your mood, and ability to learn.
11. The average teen gets 25% less sleep than they actually need.
12. How long prior to bedtime should you turn off technology? 1 hour
13. What is negatively associated with feelings of social success? What is the solution?  
Heavy media use and chronic multitasking are associated with feelings of social success.  
The solution is face-to-face time.
14. It is best to work out conflicts face-to-face.
15. What is face-to-face time critical for developing? Emotional intelligence
16. For optimal creativity, your brain needs downtime.
17. The benefits of reducing time online include: Feeling more in control and calm.
18. Your best memories are more likely a result of spending time with friends  
than technology.