

HEALTHY DIGITAL HABITS & SCREEN TIME MANAGEMENT

13+

SUBJECT: Health & Well-being, Digital Literacy

LESSON TOPIC: Developing strategies for healthy digital habits and effective screen time management

DURATION: 50 minutes

LEARNING OBJECTIVE/S:

Main objective of the lesson:

Students will learn how to develop healthy digital habits, manage screen time effectively, and understand the importance of balancing online and offline activities for well-being.

Competences that students will acquire:

- Understanding the effects of excessive screen time on physical and mental health.
- Ability to create a balanced daily schedule that includes both digital and non-digital activities.
- Development of skills for using technology responsibly and mindfully, particularly in social and educational settings.

MATERIALS/RESOURCES NEEDED:

- Module 6 (<https://www.digi-civis.eu/e-learning>)
- Presentation or video on healthy digital habits and screen time effects.
- Handouts with a sample daily schedule for screen time management & a worksheet.

METHODS/TECHNIQUES:

- Interactive presentation or video
- Group discussion and collaboration
- Personal reflection and self-assessment
- Class discussion and feedback

LESSON PLAN OVERVIEW

PREPARATION:

- Thoroughly go over the Digi-Civis Module 6 to understand the fundamental concepts of Time Management & Digital Well-being.
- Prepare a short video on the impact of excessive screen time, highlighting both physical and mental health effects (e.g., eye strain, sleep issues, lack of concentration). See our [example](#) created with Edpuzzle.
- Print handouts showing an example of a balanced daily routine and reflection worksheet for the students to complete.

IMPLEMENTATION:

Introduction (15 minutes)

- Introduce the topic by asking students about their current screen time habits.
- Share some [statistics](#) about average screen time for teenagers and discuss common issues associated with excessive screen use (e.g., poor sleep, eye strain, stress).
- Show the short video (5 minutes) explaining the effects of prolonged screen use and the importance of screen time management.

Group Activity (20 minutes)

- Split the class into small groups (3-4 students per group) and ask each group to discuss their screen time habits and the challenges they face in managing their digital usage.
- Provide each group with a sample daily schedule handout that includes balanced activities (digital and non-digital).
- Groups should discuss and customize the sample schedule based on their personal routines, aiming to limit unnecessary screen time.

Class Discussion (15 minutes)

- Each group shares their modified schedules and discusses the strategies they plan to use to manage their screen time more effectively.
- At the end, summarize the main takeaways from the lesson: the importance of balancing screen time with other activities and practicing mindful use of technology. Encourage students to take their individual screen time goals seriously and to reflect on their progress in the coming weeks.

MORE INFORMATION TO LEARN MORE:

1. Suggest resources such as apps that track screen time: [Forest](#), [Screen Time](#).
2. Provide articles or videos on screen time effects and tips for healthier digital habits, such as:
 - AIFS, [Too much time on screens? Screen time effects and guidelines for children and young people](#)
 - What's the Big Data, [Average Screen Time for Teens \(2024\)](#).
 - Scripps News, [How Does Screen Time Impact Our Brains?](#)
 - [Tips for Healthier Screen Time](#)
 - [Balancing Screen Time: Tips for Healthier Digital Habits](#)

ANNEXES:

- Interactive video on the health effects of screen time: <https://edpuzzle.com/media/66e02b5480c2c209f8d0f3d1> (created with [Edpuzzle](#)).
- Sample daily schedule for screen time management & screen time reflection worksheet (on the last page of the Lesson Plan).

HOMEWORK:

- Ask students to use a built-in phone app or a screen time tracker to monitor their screen time over the next 3 days, trying to put into practice some tips learned about a balanced daily routine.
- Ask students to write a short reflection (150-200 words) on whether they were able to reduce unnecessary screen time and how they felt as a result.

ASSESSMENT:

- The teacher assesses students' attentiveness, engagement, and understanding through class discussions, group activities, and student feedback on the modified schedules.
- The reflection worksheets and homework assignments will assess how well students grasped the importance of screen time management and if they can apply the strategies learned in class.



BALANCED DAILY SCHEDULE

This schedule offers a balance between digital and non-digital activities to help you manage screen time effectively while maintaining a healthy lifestyle. Adjust it to fit your routine and personal needs!

Time	Activity
7:00 AM - 8:00 AM	Morning routine (wake up, breakfast, get ready) - No screens
8:00 AM - 1:00 PM	School or study (online or in-person) - Digital activity
1:00 PM - 2:30 PM	Lunch break - No screens (eat, chat with friends, take a walk)
2:30 PM - 5:00 PM	School or study/ Homework or educational activities - Digital activity
5:00 PM - 6:00 PM	Physical activity (sports, walk, workout) - No screens
6:00 PM - 7:00 PM	Free time (read, hobbies, creative projects) - No screens
7:00 PM - 8:00 PM	Dinner and family time - No screens
8:00 PM - 9:00 PM	Entertainment (watch TV, play video games) - Digital activity
9:00 PM - 9:30 PM	Wind down (read, journal, meditation) - No screens before bed
9:30 PM	Bedtime (aim for 8-9 hours of sleep) - No screens



SCREEN TIME REFLECTION WORKSHEET

Use this worksheet to reflect on your current screen time habits and set goals to improve your screen management.

1. Current screen time habits:

- How many hours a day do you typically spend on screens (phone, tablet, computer, TV)?
- When do you use screens the most (e.g., after school, before bed, during meals)?

2. Negative effects experienced:

- Have you experienced any of the following due to excessive screen time? (Check all that apply)
 - Trouble sleeping
 - Lack of focus during school or study
 - Eye strain or headaches
 - Feeling anxious or stressed
 - Lack of physical activity
 - Feeling disconnected from friends or family
 - Other: _____

3. Personal screen time goals:

- What is one small change you can make to reduce your screen time (e.g., no phone before bed, limit social media)?
- How will you make time for more non-digital activities in your day (e.g., exercise, hobbies, reading)?
- Set a daily screen time limit for yourself:

Remember: Small changes can make a big difference in your well-being. Focus on balance and awareness when using digital devices!