

Digital Wellbeing for Families Workshops

Activity Block: Exploring our Digital Identity

Comparing Screen Times

Time needed: 10 minutes

Age suitable: 7 – 16-year olds

Objective: *Learners will be able to track and reflect on their own screen time.*

Method:

1. Each participant writes on a piece of paper how many hours a day they use a device/screen time.
2. Then they write how much they think their parent/child uses a device/screen time.
3. Parents and children from the same family compare their numbers and reflect with these questions:
 - Do the numbers match? Why or why not?
 - Why does my child/parent think I spend so much time using digital tools?
 - Do I need to change this? Why or why not?
 - How can I change this?

Facilitator tips: As a facilitator you may need to bring the following materials: Sticky Notes