

WEEKLY ACTIVITIES

CYBERBALANCE

AFTER WATCHING *FINDING BALANCE: PART 2* AND SIGNING THE *INTERNET SAFETY PLEDGE LEVEL II*, USE THESE RECOMMENDED GAMES TO TEACH YOUR GROUP ABOUT **BALANCE WITH TECHNOLOGY**. OTHER TERMS FOR THIS ARE **CYBERBALANCE**, OR **DIGITAL BALANCE**. THE SUGGESTED ACTIVITIES HELP HIGHLIGHT DIFFERENT WAYS OF COMMUNICATING AND BALANCING OFFLINE AND ONLINE ACTIVITIES.

1. MEDIA LOG

Say: *We are going to keep a media journal and record all of our media consumption for one week. Log your media use for a full week and report back when we meet again. Use the handout to log what you've read, viewed, and listened to as well as the device you used to access the media.*



When your group meets again, discuss your logs. Here are some suggested questions:

- Did you notice any patterns in your log?
- What are some daily patterns and some weekly patterns?
- Did you find it hard to log all your screen time and device use?
- How long did you spend with digital devices each day?
- What device did you spend the most time on?
- What activity did you spend the least amount of time on?
- Are you surprised by any of your logs?

You will need:

- One copy of the Media Log for each Scout
- Pens or pencils

2. SEARCHING FOR BALANCE

Find out how much sleep, play, exercise, school work, and time with friends and family we should aim for to keep fit and healthy.

Say: *A balanced lifestyle involves keeping fit and healthy by having the right amount of rest, sleep, work, physical activity, leisure, and recreation each day. But how much of all these should we have?*

Organize your group into sections of three or four Scouts. Ask them to list out how much time they spend each week on activities like: sleeping, going to school, doing homework, at a job, hanging out, and playing sports or exercising.

Then, have each group research online for how much rest, sleep, work, physical activity, leisure, and recreation is required by people in your age group to keep fit and healthy.

Have each group report back, and write down what they all found. Discuss everyone's findings: Did they find the same information? Were there big differences in the research each group found? How many scouts feel their routine matches the research you found?



You will need:

- **Devices with internet access**
- **Digital notepad or word processing program for notes**

Bonus: Have each group share how they know their internet research came from accurate sources: how do they know the website is reporting correct information? (hint: When was the web page published? Are other sources saying similar things, or is the research very different? Is the website trying to get you to buy something?)

3. SKIT

You won't need any materials for this activity.

Say: *We're going to act out some scenarios that may be familiar to you all. How many of you have gotten "stuck" playing a video game? Scrolling on Instagram late into the night? We are going to break into groups and act out a few skits.*

Let the Scouts form groups, and give them around ten minutes to prepare their skit. Here are some scenarios to get you started:

- It's the weekend, but you and your friends haven't heard from Jim in a while. You usually text each other and try to meet up. You see that he's logged in to your favorite online game. What do you all do?
- You've been talking in a group chat all evening. It's getting late, and the conversation is dwindling, but you don't want to miss anything funny that comes up. You put your phone under your pillow before trying to sleep.

Say: *While you are practicing, think about the challenges and strategies we have learned about Cyberbalance. What are some ways you and your friends can feel connected offline as well as online?*

Call the groups back and have your Scouts perform their skits.



MEDIA LOG

| Day of Week | Time Spent | Device (phone, computer, tablet) | Activity (Facebook, homework, research, browsing) |
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Visit iKeepSafe.org/Scouting to download all Wise Tech Choices material.