

# The Pressure to Stay Connected

15  
minutes

What You'll Need: [Video](#) • [Student Handout](#)

## Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video exploring how digital media tries to hook you and what you can do about it.*
2. **Show** the video [Teen Voices: The Pressure to Stay Connected](#) (3:19 minutes). (Note: Use the video player to turn on subtitles in Spanish.)
3. **Lead** a class discussion exploring the questions below. Optional: Provide students with the [Student Handout](#) and have them write down their answers prior to discussing.

## Discussion Questions

1. *What media habits did teens talk about?*

Sample responses:

- *Checking their phones regularly*
- *Binge-watching shows and videos*

2. *Which features of design hooked them? Can you think of other features that weren't mentioned in the video?*

Sample responses:

- *Autoplay on Netflix and YouTube*
- *Likes and comments on social media apps*
- *Goals and levels in online gaming*

3. *Do you think their media habits add value and meaning to their lives? Explain.*
  - *Answers will vary.*



MEDIA BALANCE & WELL-BEING

*We find balance  
in our digital lives.*