

*** DID YOU KNOW ...**

Snapchat started in 2011, Instagram launched in 2010, Twitter began in 2006, and Facebook, the oldest of the bunch, was founded in 2004.

Unjumble to find the hidden words

1. iinecfftet _____

2. urvlbelean _____

3. bnrdfteysa _____

4. eaimd _____

5. flidagi iadem _____

6. ilmies _____

*** WHAT DO YOU THINK?**

Why might people feel differently about their digital lives?

1. Family Activity

Create a simile about your digital life: Finish the sentence, "My digital life is like a _____." Then write a haiku using your simile as inspiration! (Haiku are short, three-line poems that follow the pattern of five syllables in the first line, seven syllables in the second line, and five syllables in the third line). For example: "My phone, always on / the city that never sleeps / can I get some rest?"

*** DO YOU REMEMBER ...**

What digital media are and what role they play in our lives?

2. Tech It Up!

Ask your family members which similes they would use to describe their digital lives. Write a haiku for each family member. Then, if you're feeling especially creative, use GarageBand to record your haiku and even turn them into a song. When you're finished, share your track with your family members. You can animate their similes using free programs such as Pencil (www.pencil-animation.org) or Animoto (www.animoto.com).

3. Common Sense Says ...

Creating good habits is key to being a savvy media user. Most teens find that technology gets in the way of their sleep unless they leave devices in another room. Consider leaving your phone to charge in another place in your home or at least putting it across the room on silent volume and switched to "do not disturb," so you won't see it light up. Make sure you also unplug from technology, television, and the Internet at least 30 minutes before bed to give yourself time to unwind.