

PURPOSE

To continue to support students in making connections between lifestyle choices and physical and emotional health. To explore the influence of media and technology in their lives and the impact it has on their body image and overall health.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Understand the role that media and tech can have in their lives.
2. Understand the negative impacts media and tech can have on health.
3. Understand the impact media can have on body image.

MATERIALS & RESOURCES

- **Lesson 7 teenMEN** powerpoint
- **Worksheet: Review Rush! + Teachers' Answer Key**
- **Case Study: Leo**
- **Health Checklist: Media Edition**

VOCABULARY

- **Body image:** How an individual person sees their own body and the feelings that go along with this perception, both positive and negative.
- **Habit:** Something you do so often that it becomes natural to you.
- **Hormones:** Chemical signals that travel in the bloodstream, directing the activity of every system in the body. The body has many different hormones, produced in different parts of the body.
- **Social media:** Websites and applications that enable users to create and share content or to participate in social networking.

PREPARATION

- ☐ Print the **Review Rush! Worksheet**, one for each group of students.
- ☐ Print the **Case Study: Leo**, one for each group of students.
- ☐ Print the **Health Checklist: Media Edition** for each student.

PROCEDURE

Step 1 (5 minutes): Review Rush!

Divide students into small groups to form at least three teams. Give each team one **Review Rush! Worksheet**, and place it face down. When the teacher says “go” students can flip over the worksheet and try to answer all of the questions as quickly as possible with their group.



The first team to finish can ask the teacher to review their answers. If all of their answers are correct, they win. But, if they got an answer wrong, they are disqualified from the race and the next team to finish, and get all of their answers correct, wins! The teacher can review answers using the **Teacher's Answer Key**.

Step 2 (5 minutes): Testosterone, the Brain & Body Image

Do you remember what controls the activity of every system in the body?

Yes, *hormones*. Hormones are directed by your brain. We learned in the last few classes that there is a lot that we can do to help our hormones stay in balance, such as eating a variety of healthy foods, exercising, and getting adequate sleep. When we don't do these things we make it hard for our bodies to stay healthy and to grow and develop as they should, especially during this important time of puberty. Today, we will talk about how technology fits into this picture, especially when it comes to sleep and **body image**.

Body image

How an individual sees their own body and the feelings that accompany this.



What is **body image**? Body image is how an individual boy sees his own body, and the feelings that go along with this viewpoint. This is a very normal time in your life to be thinking more about your body as it grows and changes. But, instead of comparing yourself to the boys around you, or guys on social media, talk with a trusted adult to focus on what is healthy and best for **you**. Each boy will grow at his own pace. And depending on his genetics and the health choices that he makes, each boy will grow into a unique man.

Body image



Research has shown that boys who spend more time online than their peers tend to struggle more with thoughts that their body is not good enough and that they are not healthy (even if they are). It's so important to **focus on what we can do** to become the person we want to be.

Step 3 (10 minutes): Media and technology: positive and negative influences

Because the brain is the organizing center for all this activity, **things that affect your brain will also affect your physical and emotional health.**

Smartphones, tablets, video games, smart watches and TVs, all of these things impact our brain and our emotions. During puberty, the brain is like a ball of clay. It's still

maturing, growing and developing. The choices we make matter.



Technology gives us lots of opportunities to connect and have fun. Maybe your grandparents live far away and you FaceTime them from your family’s iPad or iPhone. It’s great to be able to do this! Technology can also help us learn many new things or see things in a way that we would never have been able to do 50 years ago.

Technology also carries risks, such as distraction from what’s happening around us (*have you ever seen a video of someone walking into a pole on the street because they were staring at their smartphone?*); distractions from other relationships (*has one of your parents ever not answered your question because they were on their phone?*); too much screen time and even technology addiction.

Sometimes, when you’re having a really good time doing something on a screen, it can be hard to notice how much time is being used. Eventually, you might even start to feel like you “need” the device to feel good and that when it isn’t in your hand, you are looking for it all the time. Technology also gets in the way of the three pillars of health.

You might skip a meal to keep scrolling and watching Tiktok videos.



Do you know that when you skip a meal, your body sees this as a mini-emergency? It

starts to produce stress hormones! This might not be such a big deal once in a while, but if we do it a lot, it can cause us to not feel very well. It also affects our blood sugar levels, which means that we can get cranky and irritable. Regularly skipping meals can also affect your metabolism, because your body thinks you are in a state of famine! This can signal your body to gain weight unnecessarily or make it hard to lose weight.

You might stay up really late at night to watch YouTube when you should have been asleep three hours ago!



If this is something you do often, this will have very real effects on your body and brain. When you don't get 8-10 hours of sleep at night, it impacts your ability to pay attention, learn, and remember things in school the next day. It also increases feelings of anxiety. We often ignore our tiredness signals and try to remain awake for several hours past our bedtime. But staying up late causes our body to begin producing a stress hormone, cortisol. The next day, we feel tired and we're more emotional and reactive. Stress hormones make us feel more anxious and irritable. When the body doesn't get enough sleep, we also crave more sugar, carbs and high-fat foods.

You might spend so much time on Instagram seeing what other guys are wearing and what their bodies look like, that you might start to feel like your body doesn't measure up. Have you ever felt this before? Did you know that high rates of social media use cause poor body image?

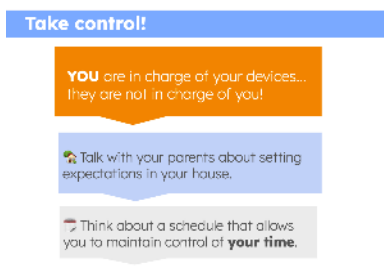


This can lead to unhealthy eating habits, even for young men. It can be fun to see what other friends or even celebrities are up to, or to learn more about professional athletes and what they do to train, but it's important to remember to focus on the real people and activities in your life. You are not a collection of body parts (chest, legs, back, abs). You are a whole person, valuable as you are.



The next time you use a device, ask yourself the following: do I feel more or less positive after I use social media? Do I feel more or less confident in my choices, abilities, and interests after I use social media? Do I feel more or less grateful for the things that I have in my life after I use social media?

The main thing to remember is that **you are in charge of your devices; they are not in charge of you!**



Given what you now know about how your brain responds to social media, computer

games, online videos, and other forms of digital media, think about an after-school and weekend schedule that allows you to maintain control of how you spend your time. Leave your phone in another room for meal times and quality time with others.

Step 4 (15 minutes): Case Study: Leo

Divide the students into small groups and pass out the **Case Study**. Read the case study out loud. Have students fill out the answers on the worksheet in their small groups, and then bring the class back together to discuss.

Leo's story

How much time does Leo spend looking on a screen from the moment school ends until he goes to bed each day?

Why is Leo having trouble sleeping?

Is his time spent online with friends helping him feel 🍌 or 🍌 positive afterwards?

How is his tech use affecting his body image?

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CONCLUSION

Hand out the **Health Checklist: Media Edition** to students.

Health Checklist: you are in charge

MONDAY MAY 12, 2014	TUESDAY MAY 13, 2014	WEDNESDAY MAY 14, 2014	THURSDAY MAY 15, 2014	FRIDAY MAY 16, 2014
Screen Time How much time did you spend on screens today? How many times did you check your phone today? How many times did you use social media today? How many times did you watch TV today? How many times did you play video games today? How many times did you use a tablet today? How many times did you use a laptop today? How many times did you use a desktop computer today? How many times did you use a smartphone today? How many times did you use a smartwatch today? How many times did you use a smartwatch today? How many times did you use a smartwatch today?	Screen Time How much time did you spend on screens today? How many times did you check your phone today? How many times did you use social media today? How many times did you watch TV today? How many times did you play video games today? How many times did you use a tablet today? How many times did you use a laptop today? How many times did you use a desktop computer today? How many times did you use a smartphone today? How many times did you use a smartwatch today? How many times did you use a smartwatch today? How many times did you use a smartwatch today?	Screen Time How much time did you spend on screens today? How many times did you check your phone today? How many times did you use social media today? How many times did you watch TV today? How many times did you play video games today? How many times did you use a tablet today? How many times did you use a laptop today? How many times did you use a desktop computer today? How many times did you use a smartphone today? How many times did you use a smartwatch today? How many times did you use a smartwatch today? How many times did you use a smartwatch today?	Screen Time How much time did you spend on screens today? How many times did you check your phone today? How many times did you use social media today? How many times did you watch TV today? How many times did you play video games today? How many times did you use a tablet today? How many times did you use a laptop today? How many times did you use a desktop computer today? How many times did you use a smartphone today? How many times did you use a smartwatch today? How many times did you use a smartwatch today? How many times did you use a smartwatch today?	Screen Time How much time did you spend on screens today? How many times did you check your phone today? How many times did you use social media today? How many times did you watch TV today? How many times did you play video games today? How many times did you use a tablet today? How many times did you use a laptop today? How many times did you use a desktop computer today? How many times did you use a smartphone today? How many times did you use a smartwatch today? How many times did you use a smartwatch today? How many times did you use a smartwatch today?

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Today we learned that what we consume, including media, images and content through technology, needs to support the health of our body and mind. Part of growing to maturity involves making good choices about how we use our time. This week, the health checklist adds screen time. In addition to the three health pillars, note how many hours you've spent on any kind of screen at the end of each day.

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