

PURPOSE

To expand students' knowledge of the importance of exercise and sleep for their health and the effects of media and technology in their lives.

LEARNING OBJECTIVES

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

1. Understand the importance of exercise and sleep for their mental and physical health.
2. Understand that adequate sleep is crucial to functioning well each day.
3. Recognize the negative impacts that media and tech can have on health.

MATERIALS & RESOURCES

- **Lesson 6 teenMEN** powerpoint
- **Handout: Tech Tips**
- **Health and Technology Checklist**
- **teenMEN BINGO**

VOCABULARY

- **Habit:** something you do so often that it becomes natural to you.
- **Sleep Hygiene:** Bedroom environment and consistent habits that promote uninterrupted sleep.
- **Media:** channels of communication between a person or persons and their intended audience.
- **Gaming:** The action or practice of playing video games
- **Technology addiction:** impulse control disorder that involves the obsessive use of mobile devices, the internet or video games, despite negative

consequences to the user of the technology. The disorder may also be referred to as digital addiction or internet addiction.

PREPARATION

- ☐ Print the **Tech Tips** for each student.
- ☐ Print the **Health and Technology Checklist** for each student.
- ☐ Print the **teenMEN BINGO** card for each student.

Step 1 (5 minutes): Discuss Health Checklist

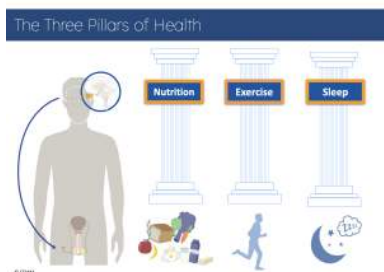


How did it go filling in your Health Checklist last week? What was the hardest part? What was something you learned about yourself? Give students a few minutes to share their answers and discuss.

Step 2 (15 minutes): Health Pillars: Exercise + Sleep

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

Yes, hormones. Hormones are directed by your brain and we also learned last class that there is a lot that we can do to help our hormones stay in balance, such as eating a variety of foods that our body needs.

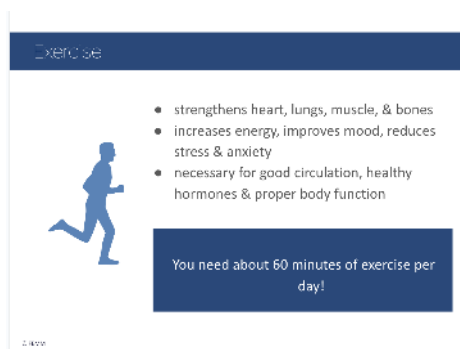


You might have heard about guys who are taking supplements to try to get stronger. Many supplements promise to do a lot of things: give you bigger muscles, give you more

explosive power, give you more stamina or focus. However, using substances such as steroids or other muscle-building supplements, can be dangerous. Did you know that steroids actually are hormones? When steroids are used outside of a doctor's care, they can really harm your body. They can result in growing breasts and having smaller testicles. They can also raise your risk of developing cancer.

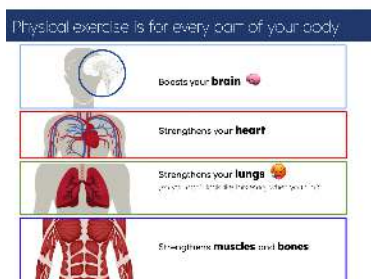
Your body is growing and changing a lot right now and the best way to support your body's health, strength and stamina is through the health pillars: nutrition, exercise and sleep!

Health Pillar: Exercise



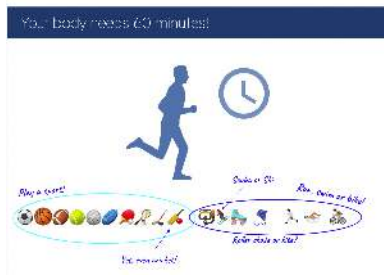
Exercise improves every part of the body: the heart, lungs, brain, testosterone levels, and more!

Remember: every boy's body is different: some will naturally put on more muscle while others will be leaner. Exercise is for your body's **health**, not just to look a certain way. Getting into the habit of exercising daily adds years to your life.



Did you know that exercise even **boosts your brain power**? Just 20 minutes of walking increases the oxygen flow to the brain which improves brain function. Stressed after a

hard day? 30-60 minutes of moderate exercise relieves stress, boosts your energy levels, helps you sleep better, and improves your self-image.



Ask a couple of students to share a sport or activity that they like to do.

Health Pillar: Sleep

What do you think is the best way to reset your brain, hormones and body? **Sleep!**

Your brain does its “house cleaning” during sleep, clearing out toxins. Sleep consolidates all of the learning that you did that day.



You may have thought that nothing happens when you sleep, but sleep is when your body does most of its growing! And when it comes to hormones, the majority of testosterone is released in the body during sleep. Lack of sleep is associated with lower testosterone levels.

Lack of sleep also makes a person more irritable and prone to exaggerated emotional reactions. While the occasional sleepover can be fun, you need to regularly get 8-10 hours of sleep.

Sleep: what is it good for?

- Allows your body to grow & repair itself
- Enhances your immune system
- Promotes attention, memory & learning

Lack of sleep affects mood, energy, strength and concentration.

You need 8-10 hours of sleep each night!

Look at the difference on the next slide, when college athletes changed one thing in their routine: they made it a priority to get 10 hours of sleep a night.

Note: Cover points on the slide or have students read them out aloud to classmates.

Want to be better at sports? Go to bed early!	
Sleep-deprived	10 Hours of Sleep
❑ Athletes were slower. ❑ Unfocused faster. ❑ Delayed reaction time in male athletes. ❑ Difficulty hearing and deciphering maps. ❑ Research of middle and high school athletes revealed that a lack of sleep is associated with increased injury.	A study of men's basketball players who estimated that it took 10 hours a night found several positive outcomes: ❑ The players ran faster in games. ❑ The players were faster in games. ❑ Their shooting increased by at least 10%. ❑ The players reported feeling better physically and mentally.

Getting 10 hours of sleep each night has been shown to promote attention, memory, and critical thinking. And yet, many teens are sleep-deprived. In fact, the Center for Disease Control says that up to 70% of students aren't getting enough sleep on a regular basis. The main reason? Screentime.

SLEEP

YIKES!

According to researchers,
70% of students are not getting enough sleep
 on a regular basis.

Step 3 (5 minutes): Screen Time and Sleep Hygiene

Technology gives us lots of opportunities. Technology enables us to connect and have fun. Technology can also help us learn new things.

Positives 👍

Pros

- Allows us to connect with loved ones.
- Allows us to have fun together.
- Allows us to reach out for help.
- Allows us to learn in a way we wouldn't have been able to do before.



Technology has a downside, too. **Technology 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, or having issues with the way you use media.

Negatives 🙋

Cons

- Distraction from the world around us.
- Technology/Gaming addiction.
- Skipping meals/sleep.
- Wasting time.



Have you ever heard of 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. It can even get in the way of the pillars of health.

You might skip a meal to keep gaming. 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! These can have very real effects on our body and brain. When tech usage affects sleep, this can have negative effects on our ability to pay attention, learn, and remember things in school the next day. It can also make you feel worried or sad.

You might start to watch pornography and find it hard to stop. Pornography is material that is designed to arouse sexual feelings by depicting nudity, sexual behavior, or any type of sexual information. Pornography is easier to get than ever today, but that doesn't mean it's good for us. Porn can have serious effects on your ability to have a healthy relationship. Over time, with increased usage, it can also have negative physical effects on your body. Porn objectifies both men and women. Research has suggested that exposure to pornography at a young age may be related to poor mental health, sexism and objectification, increased sexual aggression, interpersonal relationship problems, and other negative outcomes.

If you or someone you know is struggling in any of these areas (gaming, Youtube, porn), it's best to bring it up with a trusted adult and get some help.

The thing to remember is that you can take charge of your devices; don't let them take charge of you!



You can start to take charge by practicing good sleep hygiene.

Sleep Hygiene

Practicing good **sleep hygiene** means:

- put away screens/your phone 30-60 minutes before bed
- don't drink beverages with caffeine
- keep your bedroom cool, quiet and dark

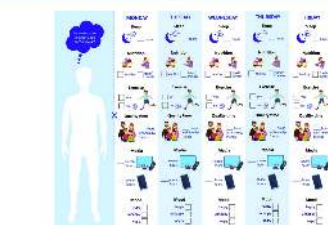


Sleep hygiene, like the hygiene we learned about for our bodies, is really important. Practicing good sleep hygiene means: put away screens and devices for 30-60 minutes before bed; don't drink anything with caffeine; and keep your bedroom cool, quiet and dark.

Step 4 (2 minutes): Tech Tips + Health and Technology Checklist

Handout the **Tech Tips** for students to read at home and the **Health and Technology Checklist** to fill in for the week.

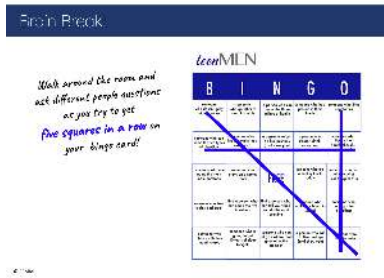
Health and Technology Checklist



This week we're going to continue to track our health habits but this time with the media edition. Pay attention to how many hours you spend on screens: either a computer or a TV, watching shows, and on your phone. You can check your screen time use on your phone in your settings. Bring your completed **Checklist** to our next class! *You may want to incentivize students by assigning a bonus mark or prize to those who bring it completed.*

If time permits, end the class with the teenMEN Bingo game.

CONCLUSION (8 minutes): teenMEN BINGO Game



Instructions: Hand out a bingo card to each student. Have students move around the room, asking each person a question on the bingo card. If one of the squares applies to someone in the room, have them write their name down in the square. When you ask a student one of the skill-testing questions, have them write their name down once they say the answer. When you have five squares in a row, yell “BINGO”! *The teacher will check the card to confirm the winner.*

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