Name:

Teacher:

Digital Literacy Reflection

*After watching the video “Teen Voices: The Pressure to Stay Connected,” consider your own experience with digital media, from texting and online gaming, to streaming TV and movies, and posting on social media. Below, write a reflection (150+ words) that touches on any of these questions:*

* *How much time do you spend each day checking your phone/social media accounts?*
* *Do you feel pressure to stay connected? Why/Why not?*
* *How do you know if you might be addicted to social media?*
* *Should social media be designed to discourage overuse?*

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