

# Extended Common Core Social Studies Lesson Plan Template

**Lesson Title:** The Effect of Technology on Children and Teens

**Author Name:** Amy Coombs

**Contact Information:** acoombs@washoeschools.net

**Appropriate for Grade Level(s):** 9-12

**US History Standard(s)/Applicable CCSS(s):**

- ⦿ **RH.7 – Integrate and evaluate multiple source of information presented in diverse formats and media in order to address a question or solve a problem**
- ⦿ **RH.8 – Evaluate an author’s premises, claims, and evidence by corroborating or challenging them with other information**

**Engagement Strategy:** How does technology affect you? Survey and Discussion.

**Student Readings (list):** To be distributed by teacher

1. Video Games and Violence by Henry Jenkins
2. Is the Internet Hurting Children by Chelsea Clinton and James P. Seyer
3. A Growing Problem – Article from the CDC
4. Does game violence make teens aggressive?
5. Obesity in Children and Technology
6. Does Technology Stunt Children’s Social Development
7. Antisocial Networking? By Hilary Stout

**Discussion Questions:**

1. **Does the use of technology hurt kids more than help them?**
2. **Do violent video games impact whether a child / teenager will become violent / act aggressively? Violence on television / in movies?**
3. **Does texting and social media have a negative impact on children / teenagers? Why or why not?**
4. **Is the use of technology and rising rates of obesity in children / teenagers related?**
5. **What are the positive ways the technology impacts children and teenagers?**

**Discussion Type:** Modified Fish Bowl (Have a group of four students at desk in the middle of the room with the rest of the desks in a circle around the group in the middle. Select four students to go to the middle group and begin with discussion question #1. After each student has meaningfully participated, tap a student on the outside circle and have them go in and replace the person in the inside group. Do this until 1) The discussion has died out, in which case, move on to the next question, or 2) Every student has had the opportunity to participate in question #1 and then move to the second question.

**Total Time Needed:** Three 75 minute class periods

**Lesson Outline:**

<b>Time Frame</b> (e.g. 15 minutes)	<b>What is the teacher doing?</b>	<b>What are students doing?</b>
<b>DAY #1</b>		
15 minutes	Monitoring student progress	Filling out the “How does technology affect you?” Survey

*The pages that follow the Lesson Plan Template include student readings and reading strategy/questions, source(s), handouts, assignment sheet, and a rubric or grading checklist related to the student assessment of this lesson.*

15 minutes	Instructions for small group discussion; monitoring student discussions	Small group discussion about how technology is affecting individual students
45 minutes	Monitoring student progress	Students begin reading articles in class – Fill out a graphic organizer for writing portion
<b>DAY #2</b>		
10 minutes	Introduce writing assignment question and give instructions to students ; pass out rubric and chicken foot organizer	Listening to instructions
15 minutes	Monitoring student progress, providing feedback, answering questions	Organize ideas for paper on chicken foot, Pre-Write
50 minutes	Monitoring student progress, providing feedback, answering questions	Working on writing paper in computer lab
<b>DAY #3</b>		
10 minutes	Introduce Fish-Bowl Discussion and go over expectations for the discussion and grading.	Listening to instructions
60 minutes	Monitor discussion, select students to move into and out of the circle, evaluate progress of each questions and select when to move on to next question	Modified Fishbowl Class Discussion
5 minutes	Debrief with students, positive and negatives of the assignment and discussion	Giving feedback on assignment

**Description of Lesson Assessment:**

**How will students reflect on the process and their learning?**

## How Does Technology Impact Your Life?

### Texting

- |   |     |    |
|---|-----|----|
| 1. Do you text?                                       | Yes | No |
| 2. Do you text while driving?                         | Yes | No |
| 3. Do you text while in class?                        | Yes | No |
| 4. Do you text during meals with friends and family?  | Yes | No |
| 5. Do you think that texting negatively impacts your: |     |    |
| Ⓐ Friendships   | Yes | No |
| Ⓑ Home Life / Family Relationships                    | Yes | No |
| Ⓒ Education / Grades                                  | Yes | No |

### Video Games

- |  |       |    |
|--|-------|----|
| 1. Do you play video games?  |       |    |
| 2. Do you play violent video games?                                      |       |    |
| 3. Do you think that video games negatively impact your:                 |       |    |
| Ⓐ Friendships  | Yes   | No |
| Ⓑ Home Life / Family Relationships                                       | Yes   | No |
| Ⓒ Education / Grades   | Yes   | No |
| 4. Approximately how much time per day do you spend playing video games? | _____ |    |

### Internet / Social Networking

- |  |       |    |
|--|-------|----|
| 1. Do you regularly use the Internet?                                    |       |    |
| 2. Do you participate in social networking sites?                        |       |    |
| 3. Do you think that the Internet / Social Networking negatively impact: |       |    |
| Ⓐ Friendships  | Yes   | No |
| Ⓑ Home Life / Family Relationships                                       | Yes   | No |
| Ⓒ Education / Grades   | Yes   | No |
| 4. Approximately how much time per day do you spend on the Internet?     | _____ |    |

### Television

- |  |       |    |
|--|-------|----|
| 1. Do you regularly watch television?                                    |       |    |
| 2. Do you think that television negatively impacts:                      |       |    |
| Ⓐ Friendships  | Yes   | No |
| Ⓑ Home Life / Family Relationships                                       | Yes   | No |
| Ⓒ Education / Grades   | Yes   | No |
| 3. What is the content of the television shows that you regularly watch? | _____ |    |
| 4. Approximately how much time per day do you spend watching TV?         | _____ |    |

Technology plays a huge role in the world today. Do you think that your use and exposure to technology is having a negative or positive impact on your life? Brainstorm the positives and negatives that come with access to different types of technology and how they personally impact your relationships with your family, your friends, and you education.

## Technology and Children: Progress or Problem?

There is no doubt that technology plays a large role in the lives of children and teenagers today. From surfing the web, to texting on cell phones, to I-Pods and MP3 players, technology has inundated our society. While there are many benefits that come with this increased access to technology, such as easy access to a plethora of information on the Internet and the ability to speak with people across the globe through programs like SKYPE, there are also a number of drawbacks that may be affecting our children and teens in ways that can have long lasting consequences for their future and the future of our country.

Obesity is one of the negative side effects that the use of technology may be having on our children. According to the article, "Obesity in Children and Technology" by Andrea Cespedes, obesity rates in the United States have climbed significantly in the past 20 years in school age children and young adults. The article sites that while high calorie processed foods may be a factor in weight gain for these age groups, the sedentary lifestyles that many kids have developed as a result of easy access to technology has also played a significant role. Unfortunately, in most cases, the use of technology does not require any physical activity on the part of the user, leaving children and teens that spend a significant amount of their day utilizing technological devices with little or no time to burn calories through movement. To add to the problem, a study by Stanford University School of Medicine found that not only are children and teens missing out on physical activity while engaged with technology, they are also consuming more than 20% of their daily calorie intake during this time from unhealthy snack foods. The combined effects of a consistent lack of exercise and consumption of high calorie foods in these age groups can lead to a lifetime of health problems when they reach adulthood. The Center for Disease Control cites that obesity in children can lead to the development of Type II Diabetes, asthma, sleep apnea, social discrimination, high cholesterol and/or blood pressure. With all of these potential health problems for obese children and into adulthood, our countries children are at serious risk.

Another potential problem with the overuse of technology by children and teens is that it can potentially lead to problems with social development. The article "Does Technology Stunt Children's Social Development?" addresses the concern of whether too much time spent interacting with others through the medium of technology is having an adverse effect on the ability of children and teens to "form basic skills of human interaction." The article argues that most interactions between teens today are occurring through texting and social media networks and that they are fast losing the ability to carry on face-to-face conversations and the ability to use and understand tone and body language when communicating with others. In addition, the fact that many teens are almost always connected to the online and texting world has had an adverse effect on the relationship of teenagers with their families and on their achievements in education. Teenagers are demonstrating that it is growing increasingly more difficult for them to focus on the real world around them, including "real world conversations," because they are often pulled into the conversations that they are having through technology causing them to miss out on "real world" events. Failing to develop basic social skills and

losing the ability to focus on what is happening around them can cause significant harm to children and teens in the future, especially considering that these types of skills are essential in obtaining a job in the interview process and being successful in the workplace.

Violence can also be a negative side effect of technology on our children and teens. Violence is common place on television, in music, and in many of the popular video games that kids are playing in their spare time. Violence, especially in video games, has been a point of contention in our society for some time and has been blamed for the increase in mass shootings across the United States. Many of the perpetrators of mass shooting have indeed had a history with violent video games that may have had the effect of desensitizing them to violence and making them more efficient killers. According to the article “Does game violence make teens aggressive?”, a study conducted by the Indiana School of Medicine in which 44 teenagers were divided into two groups and randomly assigned to play one of two video games, one violent and one not, revealed that violent video game players exhibited an “increase in emotional arousal and a corresponding decrease in activity in the part of the brain that involves self-control, inhibition and attention.”. Since the only difference between the two games was the violence factor, it seems safe to conclude that violence in video games may indeed play a role in aggression among teenagers.

Reliance on technology for all of their needs has led to the development of a generation of children and teenagers that are at risk for obesity, social ineptitude and possible violent behaviors, all of which can significantly impact their lives now and in the future. While technology undoubtedly improves our lives and the lives of our children in a number of significant ways, our society has to be aware of the potential risks of everyday exposure and find ways to incorporate the technology without allowing that technology to destroy our lives in the long term.

# Technology and Children: Progress or Problem?

## Writing Assignment

Write a five paragraph essay using the following prompt:

**Discuss three possible negative side effects that technology may have on children according to the readings provided.**

Be sure to cite evidence from the readings that support each of your three claims.

## Writing Rubric

Requirement	Points Worth	Points Earned
Chicken Foot Pre-Writing Activity	10	
Intro Paragraph with Claim	10	
Paragraph #2 -Argument -Evidence from Readings (cites works)	15	
Paragraph #3 -Argument -Evidence from Readings (cites works)	15	
Paragraph #4 -Argument -Evidence from Readings (cites works)	15	
Paragraph #5 -Conclusion with re-statement of claim	10	
Total	75	

## Readings

1. Video Games and Violence by Henry Jenkins  
[http://henryjenkins.org/2007/04/a\\_few\\_thoughts\\_on\\_media\\_violen.html](http://henryjenkins.org/2007/04/a_few_thoughts_on_media_violen.html)
2. Is the Internet Hurting Children by Chelsea Clinton and James P. Seyer  
<http://www.cnn.com/2012/05/21/opinion/clinton-steyer-internet-kids>
3. A Growing Problem – Article from the CDC  
<http://www.cdc.gov/obesity/childhood/problem.html>
4. Does game violence make teens aggressive?  
[http://www.nbcnews.com/id/16099971/ns/technology\\_and\\_science-games/t/does-game-violence-make-teens-aggressive/](http://www.nbcnews.com/id/16099971/ns/technology_and_science-games/t/does-game-violence-make-teens-aggressive/)
5. Obesity in Children and Technology  
<http://www.livestrong.com/article/46320-obesity-children-technology/>
6. Does Technology Stunt Children’s Social Development  
<http://realtruth.org/news/090303-008-society.html>
7. Antisocial Networking? By Hilary Stout  
[http://www.nytimes.com/2010/05/02/fashion/02BEST.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2010/05/02/fashion/02BEST.html?pagewanted=all&_r=0)