Worksheet　　　　　　　　**Let’s use media in a balanced way**

Year:　　 Class:　　Number:　　Name:

1. Does your family have rules about using media?

Yes → What kind of rules? (　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　)

No

1. Please write what kinds of media you often use. Please also write when you use these kinds of media.

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| Media that you often use (websites, social media, games, videos, movies, books, TV, etc.) | When you use media  (During meals, while studying, before sleeping, etc.) |
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1. Please make a plan for your media usage. Decide what media you will you use, when, and for how long.

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| What kinds of media  (Write each kind of media) | When you will use it  (After studying, during free time, etc.) | How long you will use it  (How many hours or minutes) |
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