



Episode 7, “Screen Time and Online Well-being”

Information on Media Literacy

- [Common Sense Media’s website](#)
- Check out [this article](#) from Common Sense Media detailing what media literacy is and why it is important.
- [National Association for Media Literacy Education website](#)
- PBS details what media literacy is and highlights Project Look Sharp’s four steps approach for media literacy and content standards [here](#).
- Crash Course’s [video](#) introduction to media literacy and why it is significant.

Impacts of Screen Time

- Read Harvard Medical School’s article about [how screen time impacts the brain](#).
- Read the National Library of Medicine’s article about [why the quality of kids’ screen time matters!](#)
- Check out New York Presbyterian’s article on [what screen time does to child development and tips regarding how quality of content and quantity of content impacts children](#).
- Look into the American Psychological Association explanation of the [risks and possible benefits of screen time](#).
- Watch this video from Above the Noise who partnered with Common Sense Media and PBS to convey information regarding the [impact of screen time and how what content we watch can affect us!](#)

Figuring Out Appropriate & Inappropriate Content

- Look into [how Common Sense Media rates and reviews books for children](#)
- Check out these [lists of appropriate media recommendations for children and families](#) from Common Sense Media.
- Read through Ed Tech Review's article on [how to teach media literacy to kids!](#)

Fact Checking Jessi's Claims

Jessi Claimed:

- A PG-13 movie rating means that extreme violence is okay if there isn't any blood – This claim is TRUE...sort of.

The Motion Picture Association states that, "There may be depictions of violence in a PG-13 movie, but generally not both realistic and extreme or persistent violence". Meaning, there could be blood in a PG-13 movie as long as it falls within the guidelines of not being too realistic, extreme or persistent. You can read more in full on Page 5 of the [MPA Ratings Rules](#).

Jessi Claimed:

- Only 1 state in the country mandates media literacy in K-12 schools – This claim is FALSE.

There are currently [3 states that mandate media literacy](#), with a 4th on the way (California)

Remember to always check your facts before you spread misinformation or disinformation!
Even Librarians make mistakes :)