A logo for a tv show

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Library Extension Project

# Activity: *Media Use: How Do You Compare?*

Created by: Oz Perez Rios, Grand Rapids Public Library; Matt Kessler, Rochester Hills Public Library; and Sue Ellen Christian, Western Michigan University

Description: An active or passive activity in which users learn how to check their media use, compare it with peers’ usage, and consider what benefits or harms come from their media consumption.

Target audience: Middle school to high school

Objectives: Demonstrate how people’s media consumption is used to feed users specific kinds of information and collect their personal data. The more people use media, the more algorithms affect their consumption, and the more data about them is collected.

Program details: Pair with the following modules on [www.wondermedialibrary.com](http://www.wondermedialibrary.com):

[*Media Use: How Do You Compare*](https://www.wondermedialibrary.com/daily-media-use/)*?* game so participants learn average use times for various media; and, [*Algo the Robot*](https://www.wondermedialibrary.com/algo-the-robot/)page with games so participants understand that social media offers them specific content based on what they have liked and engaged with in the past (algorithmic sorting).

*Suggested Text:* In this activity, you will learn how to measure your media consumption and build and maintain awareness of the impact it has on your life in a physical and mental way. Learn how to pull information from popular media services and create a nutritional bookmark of consumption. Then share with each other how many calories (minutes) you have been consuming per day!

Is there a “right” amount of media consumption that is manageable? Does having grown up with all these platforms already at your fingertips make you more accustomed to, or numb to, your actual usage and online habits?

This program can be guided in a classroom setting by library staff providing guidance and/or using talking points on the effects of high media consumption. Or can be a poster size on an easel for an area that has steps on how to retrieve information and patrons can fill in the pre-printed bookmark with the colored pencils/markers/pens. Patrons get to keep their bookmarks to use in books and promote awareness each time they pick up a book.

Materials needed: Pre-made fill-in bookmarks, colored pencils or markers, smartphone or computers, wi-fi access.

Suggested runtime: 45 minutes

Youth adaptation or extension activity: All ages

Adaptation for adults: All ages

Unique Space or Personnel Needs: If in a classroom setting, tables and chairs for up to 12 or more participants. If self-guided, a small space to place an easel with a card stock poster and a small table with materials.

Resources: The idea on minutes of consumption = calories came from [this site](https://comartsci.msu.edu/about/newsroom/news/weighing-how-calories-add-media-consumption).

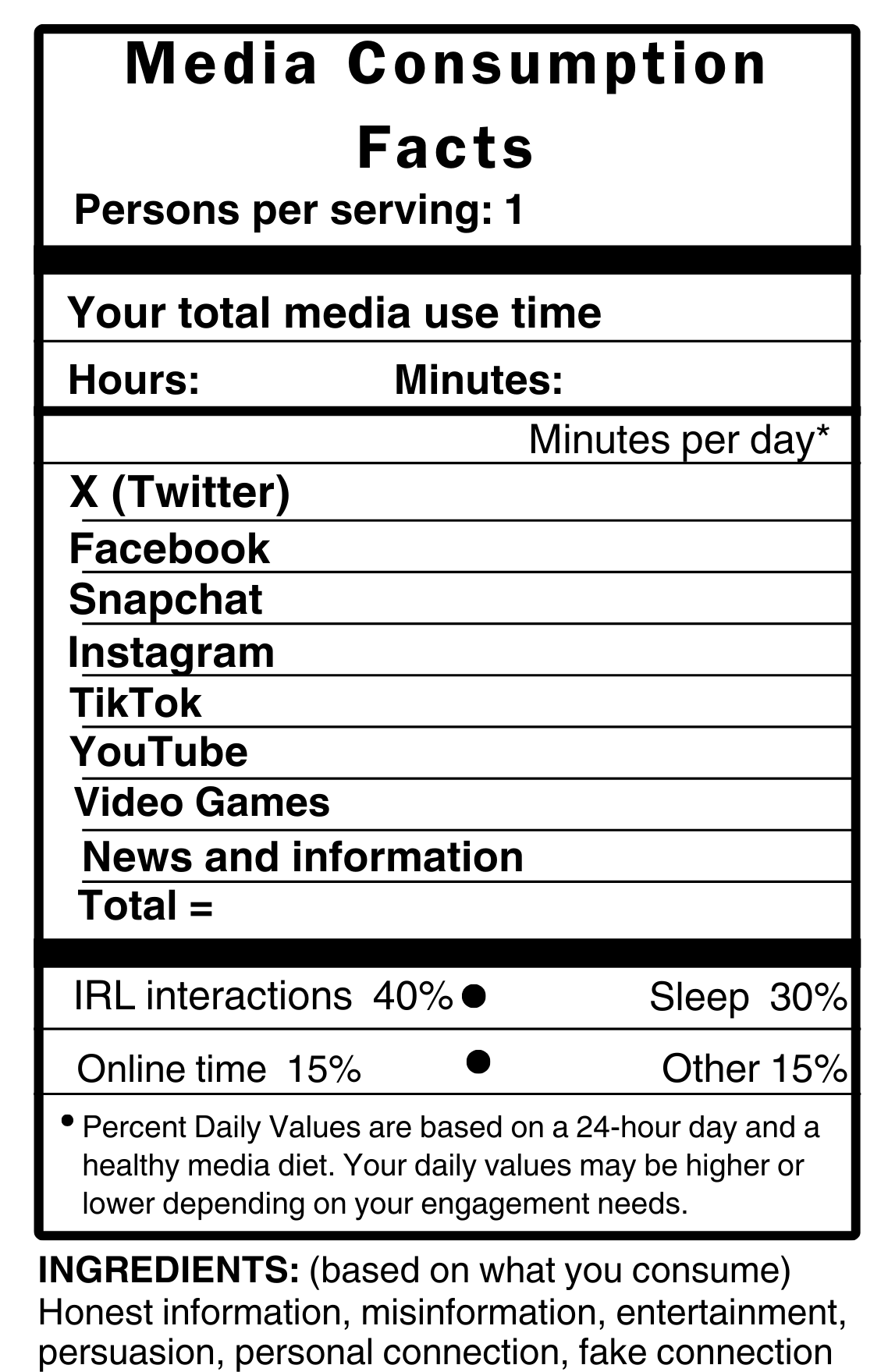
Printables: Pre-made handout for in-library station as well as take-home bookmarks in different sizes (both below).

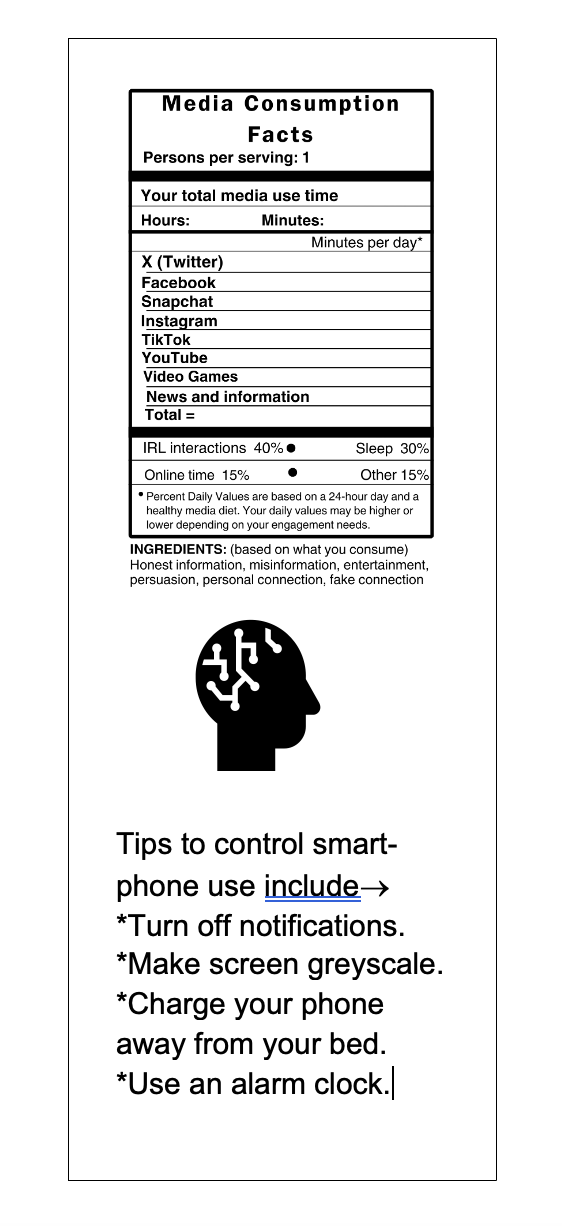
A yellow and brown logo

Description automatically generated A logo for a museum

Description automatically generated A blue and black logo

Description automatically generated

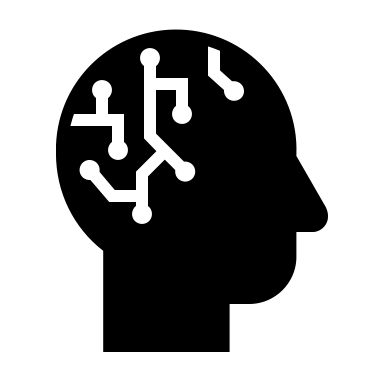


A close-up of a label

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A close-up of a paper

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Tips to control smart-

phone use include→

\*Turn off notifications.

\*Make screen greyscale.

\*Charge your phone

away from your bed.

\*Use an alarm clock.