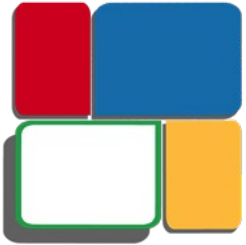




TECHNOLOGY TRAP

RECREATION | BUILDING A VIBRANT CLUB



RECREATION

The elements of a vibrant club meeting are designed to meet youth needs of belonging, independence, mastery and generosity.

- Welcome (10-20 min)
- Education (20-30 min)
- Recreation (20-30 min)
- Business Meeting (10-20 min)

CONCEPT

Introduce young people to the importance of decreasing the amount of time we spend in front of a screen.

AUDIENCE

Intended for groups of ten or more youth in grades 4-12.

PRIORITY AREA

- Healthy Living
- Communication and Creative Arts

LIFE SKILLS

- Introduce young people to the importance of decreasing the amount of time we spend in front of a screen.

BACKGROUND INFORMATION

Introduce 4-H members to the importance of decreasing the amount of time we spend in front of a screen. Say: "Today we're going to learn about screen time and the impacts it has on our lives. Let's play a game to test your knowledge about screen time." Instruct the youth to stand up and that we will play a true or false game. If they think the answer is false, they squat low, if they think the answer is true, they jump up with their hands and legs like a star.

True or False: According to research, on average, youth spend 7 hours on a screen daily. (Answer: True) Follow up with this question: What do you think is a healthy amount? Follow with a goal would be less than 2 hours of recreation screen time daily.

True or False: Looking at a screen is healthy for our eyes. (Answer: False) Follow up question: Why do you think screen time isn't good for our eyes? Light from screens can make it harder for you to fall asleep, so it's best to not watch TV or look at your phone before bed. Looking at screens for long periods of time can irritate your eyes and cause headaches.

Ask: How many of you are allowed to have your phone at the kitchen table? For our activity tonight, we want you to switch what you view by trapping all of your family's devices in your Technology Trap during mealtimes.

DO

Create a technology trap. Hand out to each student a lunch bag and provide them with crayons or markers.

Have them decorate the bag anyway that they want.

REFLECT

Ask the 4-H members to turn to the person sitting next to them and share the following:

- Will it be hard or easy for your family to put your technology away during a meal?
- What are some topics that your family can talk about during your meal?
- Do you think you could continue having your technology trapped even after your meal?



MATERIALS

- Brown lunch sack
- Crayons or markers
- Copies of mealtime conversations cards –1 per Family (Optional) <https://store.extension.iastate.edu/product/13882>

SPACE NOTES

Youth will be coloring on their bags and will need a hard surface to color on, such as a table or smooth floor

VIRTUAL ADAPPTIONS

If you are hosting this activity virtually you can let youth know the supplies needed ahead of time so that they can gather them. Remember a technology trap can be any container that a family can put technology into. During the true or false game youth can use a hand signal like thumbs up or thumbs down to indicate true or false.

STANDARDS

1.5.1. Describe the relationship between healthy behaviors and personal health.

1.8.7. Describe the benefits of and barriers to practicing healthy behaviors.

APPLY

Encourage youth to try the technology trap during their next family mealtime. Follow up on their experience at the next club meeting.

VIBRANT CLUBS BEST PRACTICES

Encourage youth to share their ideas and be creative in creating their technology trap. Older youth could lead this activity for younger members. Youth could assist in handing out supplies.

REFERENCES

Adapted in 2021 by JD Otterbein from Technology ConTRAPtion lesson.

For more information on the elements of a vibrant club, please see publication 4H 4004, Building a Vibrant Club at <https://store.extension.iastate.edu/product/12893>.

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