“I love you more than my phone.” That’s what a popular refrigerator magnet says, but what does that say about our relationship with media and our relationships with those we love, and who love us? Having a healthy relationship with our media and technology means that we are thoughtful about the amount of media we consume, the type of media we consume, and the appropriateness of how we are consuming media in all its forms.

Ask students to talk about their relationship to media, and to others.

AHA! Meaningful relationships require time and care.

Grade Level: 4-12

Key Question #5 (Consumers): Why is this message being sent?

Core Concept #4: Most media messages are organized to gain profit and/or power.

Key Question #4 (Producers): Have I communicated my purpose effectively?

Materials: Optional: Show students pictures or videos of people using smart phones in social situations. You can find stock photos online of people using cell phones in a variety of situations (restaurants, travel, schools...).
Activity: Discuss what students believe the sentence “I love you more than my phone” means to them. Does using a phone make them feel more connected — or disconnected — from others? Why or why not? Then, divide the students into pairs, and ask them to find different ways to identify some concrete ways of showing others love, attention and recognition in everyday life. Share these ideas with the group.

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