Media “Addiction” Worksheet

1. Give several statistics that indicate the vast use of media (e.g., television, radio, magazines, etc.) in our society.

2. Read through the test on “signs of addiction” (there are seven questions). After you have read it, go back and answer all the questions HONESTLY and carefully. Give examples and/or explanations to back up ALL your answers.

3. Which of the “signs of addiction” are you most guilty of? Write these down.

4. How does the media portray life as the writers and producers want it?

5. How are values like friendship, service, commitment and consideration for others usually portrayed by media?

6. What is the problem with media’s “life in the fast lane?”

7. Read the eight guidelines mentioned that make the viewer in control of media rather than media controlling us. Then, write down the eight guidelines and give a brief explanation of each guideline.

8. Go to guideline #4, “*Evaluate the role media plays in our lives*.” Answer each of the questions a) – f). Again, be honest and thoughtful in your answers.

9. Read through the last three paragraphs carefully. Afterwards, go back and answer the question presented there IN YOUR OWN MIND. You do not need to write these answers down.

10. Has this unit on the media been beneficial to you? In other words, were there some aspects that you either have not faced or did not want to face that you realize may be true concerning the media and its effects on you? Explain your answer.