

# DECEPTION

## Television is not healthy!

### Deception of Television: “Tell a Vision”..... Television

#### Lesson Summary

Teacher: 30 Minutes

This lesson talks about why it's important not to watch TV all the time and not good to rely on it because it's designed to influence us.

#### Define it:

If television is about telling a vision...who is the person who is trying to get us to believe their vision? Is it someone we believe in? Are they influencing us in the right direction? Have we ever thought about whether we agree with their view? Do we even know them?

#### Let's Talk About It.

If a new kid comes to your school, and you want to meet them, you go to them, you talk to them, and you observe their behaviors. You may want to hang out with them because you notice that they share the same talent or interests as you. They might be on the same sports team. In other words, you naturally seek to get to know them. Well, with television, we can't get to know the writers and producers personally, but we can look them up to see if their beliefs line up with ours. Sometimes people write shows specifically designed to influence us in the wrong way.



**HUH?**

## Let's look and discuss:

Because there are people out there who want us to fail, you must be vigilant in making sure that you aren't watching shows that give you nightmares or put you in a bad mood or make you sad, depressed, or angry.



### Your Takeaway.

#### Who's in the Driver's Seat?

1. How do you feel about not using your brain?
2. How do you feel about someone influencing you to try to get you to think a certain way instead of your way?
3. How do you feel about a show designed to control your feelings, which makes you feel sad or angry?



Video and Discussion: Thinking for Yourself – 10-15 Minutes



Have you ever thought about WHO creates the shows you like? Have you ever stopped to do a Self-Check? (That means paying attention to how you're feeling.)



How do you feel after a show? (Circle as many as apply)  
Happy Relaxed Agitated Confused Angry Sad



Sometimes we feel an emotion without even recognizing it. The only way we know is by our actions. When we ACT in certain ways, they affect our behaviors, and this is how we can figure out if something we are watching is not good for us.

What is your favorite show and why?

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What are some ways you can make sure the shows you're watching aren't causing negative feelings in you?

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After you complete this assignment, take it home to remind yourself.