

How Much Media?

Directions: Complete the activities 1–3 below.

1. Study the list on the previous page. Then, write down all the forms of media you are exposed to each day.

2. Now, make a chart that shows how many hours a day you see and hear each type of media, according to the example below.

Type of Media	Hours Per Day Used
television	two hours

3. Study your chart. In the space below, describe what you found out about the type and amount of media you consume. Explain anything that surprised you.
