

SCREEN SHOT



THROUGH THE SCREEN MEDIA-GUIDE

SCREEN SHOT

Disclaimer

Screenshot began as a documentary exploring the complex relationship between humans and technology in a world that never stops scrolling. Through real stories, expert insight, and cultural reflection, the film sheds light on how media saturation impacts mental health, faith, entrepreneurship, and our understanding of connection.

The conversations sparked by the film revealed a need for something more—an accessible, fact-driven resource people could return to long after the credits rolled. This “Media-Guide” was created to meet that need, breaking down the realities of living in a hyper-connected world.

It does not aim to persuade, but to inform—to give readers the knowledge to recognize patterns, ask better questions, and understand the world they’re navigating.

Disclaimer: This booklet is intended for informational purposes only. It is not a substitute for professional advice in areas such as mental health, legal matters, business, or faith guidance. Readers are encouraged to seek qualified professionals when making decisions that could impact their well-being, relationships, or future.

FROM ROTARY PHONES TO SCREEN SHOTS:

A Quick Stroll Through Media's Evolution

▶ The expansion of media through technology can barely be contained in one day—let alone one book. Advancing far beyond the first public broadcast in 1906 by Canadian-American Reginald Fessenden on Christmas Eve, our world of media has leapt into another dimension.

Can you imagine if our daily communication was still based on the Bell Rotary Phone System in 1919? Talk about a finger cramp. What once required patience, wires, and heavy machinery now fits in the palm of our hands. Televisions gained color, phones lost their cords and then gained screens, voices, and ironically endless opinions

What started as a basic need has somehow become a luxury necessity. A telephone was once an object for the few, but today, a smartphone is an entire universe. A glimpse of everything, happening everywhere, can now be accessed in seconds. It can be captured, shared, and remembered in a single screenshot.



THE POWER

OF SCREENS

Screens aren't just glass and pixels—they're portals. In less than a century, they've moved from living room furniture to the palms of our hands, controlling how we learn, love, shop, argue, and even relax. With so much of our lives filtered through glowing rectangles, the question isn't whether screens have power—it's how much of that power we've given them.

Did You Know?

The average American spends 7 hours and 4 minutes a day looking at a screen

Teenagers spend an average of 8-10 hours daily on their devices.

Nearly 50% of people say they feel “uneasy” if they leave their phone at home.

The average human attention span has dropped from 12 seconds in 2000 to just 8 seconds today—shorter than a goldfish's (Microsoft study).

Over 70% of people admit to using multiple screens at once (like scrolling while watching TV), which researchers say increases stress and reduces focus.

(DataReportal, 2024).

Reflection Questions:

How many hours do you think you spend looking at screens daily?

When you close your laptop or phone, do you feel refreshed—or drained?

Do you ever catch yourself using two or more screens at the same time? What does that do to your focus?

MEDIA LITERACY

& MISINFORMATION

In a world where anyone with Wi-Fi can publish “facts,” knowing how to tell truth from manipulation has never been more urgent. Media literacy is the survival skill of the digital age—teaching us to pause before we click, share, or believe. It’s not about distrusting everything; it’s about asking better questions so we don’t fall for headlines designed to fool us.

ARE YOU MEDIA LITERATE?

Media literacy is the ability to access, analyze, evaluate, create, and act using all forms of media to understand messages and communicate effectively and responsibly. It involves critically questioning media content and its creators, recognizing different perspectives and biases, understanding the purpose of media, and using various media to express one’s own ideas ethically

Did You Know?

62% of U.S. adults say they regularly see misinformation online (Pew Research).

False news spreads 6x faster on Twitter than real news (MIT study).

Only 26% of high school students can distinguish between a news story and sponsored content (Stanford History Education Group).

Adults aren’t much better: 1 in 3 U.S. adults admits to sharing a headline they later found out was misleading.

Among adults, only 26% can consistently distinguish between fact and opinion in online content (Pew Research).

MEDIA LITERACY

& MISINFORMATION

Information spreads faster than ever before, but speed doesn't always mean accuracy. Our brains are wired to believe what we see, especially when it comes packaged with likes, comments, and shares. This means misinformation can slip into our daily lives before we even notice. Strengthening media literacy isn't about becoming skeptical of everything—it's about slowing down enough to think critically. With practice, we can train ourselves to question, verify, and navigate digital spaces with confidence.

Mini Quiz: “Fact or Foolery?”

Read each statement below and decide whether it's True (T), False (F)

1. A post with thousands of likes is usually more reliable than one with only a few.
2. AI-generated videos can look completely real — even when the events never happened.
3. Social media platforms often show you content that aligns with what you already believe.
4. If a headline makes you angry or shocked, it's a sign that the information is 100% accurate.
5. News stories should always be shared immediately so others can stay informed, even if you haven't read the full article.
6. Photos and videos can be manipulated to change how we feel about a topic.
7. It's impossible to verify information without being a journalist.

CYBERBULLYING &

DIGITAL SAFETY

Behind a screen, words can feel weightless—but their impact can be lasting. Cyberbullying thrives in silence and anonymity, but its effects are real. Online behavior is about remembering: the screen doesn't erase accountability. The internet opens doors to opportunity, but it also opens doors to those who don't have good intentions. Online predators often hide behind fake profiles, gaining trust slowly before revealing harmful motives. Staying safe online means practicing awareness—just like locking your doors at night.

Digital safety is about more than just installing antivirus software—it's about awareness, boundaries, and intentional choices in how we share and protect our information online. Practicing digital safety means recognizing the risks, from phishing scams and hacked accounts to oversharing on social media, and then setting boundaries that limit exposure. This can look like using strong, unique passwords (and enabling two-factor authentication), adjusting privacy settings on apps and social platforms, avoiding public Wi-Fi for sensitive transactions, and being cautious about what personal details you post. Just as we lock our doors at night, we need to lock our digital doors too—because every click, share, and login leaves a trace.

Did You Know?

About 37% of young people have experienced cyberbullying.

Only 1 in 10 teens will tell a parent or trusted adult.

Cyberbullying victims are twice as likely to experience suicidal thoughts.

1 in 5 teens has been approached online by someone they didn't know.

30% of those conversations included unwanted sexual advances.

60% of teens say they've been contacted by a stranger online.

There are an estimated 50,000 online predators active at any moment, actively seeking out children.
Department of Justice

According to FBI data, more than half of online sexual exploitation victims are aged 12 to 15. Child
Safety Center
Department of Justice

A 2023 UK report noted a staggering 89% increase in recorded online grooming offenses since 2017-18.
NSPCC

Platforms like OnlyFans, though intended as creator spaces, have been linked to over 140 police complaints of nonconsensual pornography, prompting calls for stronger safeguards. Reuters

CYBERBULLYING &

DIGITAL SAFETY

Digital Footprint Reflection: “The Online You”

Everything you post, share, like, or comment on becomes part of your digital identity — a permanent story that tells the world who you are. Even deleted posts can be screenshotted or archived, and a single online decision can shape how people view you years from now. Future employers, college recruiters, even people you haven’t met yet might form opinions about you before you ever speak a word.

The reality is this: your online choices can open doors or quietly close them. The question is, are you in control of that story — or are you letting the internet write it for you?

Critical Reflection Questions

1. Perception vs. Reality

- If a stranger scrolled through your social media without knowing you personally, what three adjectives would they use to describe you — and would you be okay with that?
- How closely does your digital presence reflect who you actually are versus who you want people to think you are?

2. Impact and Consequence

- Imagine a college admissions officer or hiring manager is reviewing your accounts right now. What post or comment might raise a red flag — and why?
- Think of one post (yours or someone else’s) that changed how you felt about the person who posted it. What does that teach you about the power of online perception?

3. Responsibility and Influence

- Do you believe you have a responsibility to consider how your posts affect others? Why or why not?
- How might something as simple as a “like” or a comment contribute to harmful trends, misinformation, or online bullying — even if that’s not your intention?

4. Future-Focused Thinking

- Fast-forward 10 years. You’re applying for your dream job or public leadership role. How could your current digital footprint help or hurt that opportunity?
- What changes would you make today to make sure your online presence supports your goals instead of standing in the way of them?

ONLINE PREDATORS

FUELED BY THE WEB

We often think of cyberbullying or online drama as something that “just happens on the phone.” But in reality, what starts behind a screen can — and often does — spill over into the real world with devastating results. Social media isn’t just a place where people post memes and selfies; it’s become a battleground where emotions, egos, and impulsive decisions collide — sometimes with life-changing consequences.

In the past five years, law enforcement and researchers have seen a dramatic rise in violent crimes linked to social media, particularly among teens and young adults. What begins as a heated DM exchange, a disrespectful comment, or a viral post can quickly escalate into real-world violence — and sometimes, tragedy.

Did You Know?

- According to the National Center for Education Statistics (2024), 1 in 5 violent incidents involving teens now has a digital component — meaning the conflict started, escalated, or was planned online.
- The FBI has reported a 37% increase in cases where online disputes among minors led to real-world assaults or homicides since 2020.
- A 2023 Pew Research survey found that 59% of teens say they’ve witnessed a physical fight or altercation that began on social media.
- Between 2021 and 2024, more than 150 teens in the U.S. were killed in incidents directly connected to social media conflicts — often over arguments, rumors, or online posts.
- In many cases, weapons were used after digital threats were exchanged, with police tracing the origins of the violence back to Instagram, Snapchat, or group chats.



ONLINE PREDATORS

FUELED BY THE WEB

Real-World Examples:

(2022)- Joshua Cooper, 16, murders someone and then asks Instagram friends to help dispose the body.

(2021)- Zachary Burkard, 18, kills two teenagers after an argument on Instagram.

(2020)- Mareja Pratt, 16, was killed by gunfire after being bullied on Instagram and Facebook.

(2019)- Kaitlin Lenor Castilleja, 18, fatally stabbed after her and a friend jumped a fellow classmate following arguments on Instagram.

(2024)- Zykere Langley, 14, killed by another 14 year old after arguing on social media for multiple months.

Multiple “jumping” and group assault incidents have been recorded on TikTok and Snapchat, where teens plan attacks through private chats and post them for views. These stories are not rare — and they’re not limited to one city or community. They’re happening everywhere.

Critical Reflection Questions:

Why do you think emotions feel stronger — and reactions faster — when conflict happens online?

How can a moment of online anger snowball into a situation no one can control?
What choices could change the outcome before things move offline?

Activity: “Before It Escalates” Scenario Challenge

Imagine the following situation:

A classmate posts a video mocking someone. The comments turn heated. Someone shares a location. Now threats are flying. What should happen next?

Key Takeaway:

What happens online doesn’t stay online. The words, threats, and choices we make behind a screen can follow us — sometimes into life-or-death situations. Awareness, emotional control, and responsible online behavior aren’t just about staying out of trouble — they can literally save a life.

MENTAL HEALTH &

SOCIAL MEDIA

DIGITAL DOPAMINE

Imagine consuming four to five pounds of candy every day. Regardless of the type of candy, the result would be the same: your health would suffer. We know this because eating candy and other sugary foods can trigger dopamine release in the brain, which is directly tied to pleasure and reward. Not only would consuming large amounts be counterproductive for your body, it would also be hard to stop. In the same way, studies show that teens often spend four to five hours a day on social media, with many going far beyond that. Just as eating large amounts of candy harms the body and can cause addictive behaviors, it is reasonable to believe that consuming high volumes of unfiltered media on a daily basis can negatively affect the mind and trigger similar patterns.

Still, we should not conclude that all media consumption is harmful. On the contrary, we should look for positive ways to use media and technology that strengthen the mind instead of tearing it down.

For instance, fitness trackers and health apps can motivate better exercise, sleep, and nutrition habits. Journaling apps help track moods, thoughts, and gratitude, which builds resilience. Online support groups such as mental health forums, recovery groups, or faith-based study circles provide encouragement and accountability. In other words, if you are going to ingest large amounts of media, you might as well saturate yourself with the good stuff.

Did You Know?

Iowa State News (2025) reports that limiting social media has measurable effects. In one study, college students who restricted their use to 30 minutes a day experienced reductions in anxiety, depression, loneliness, and FOMO.

Common Sense Media (2021) Teens who spend more than 5 hours daily on social media are 60% more likely to report feeling anxious or stressed.

Journal of Adolescence (2020) Reducing screen time by even one hour per day can improve attention span and overall mood in teenagers.



OPPORTUNITY IN

OVERLOAD

While media saturation is often framed as a negative, it also comes with powerful advantages—especially when it comes to career growth, access to knowledge, and personal development. In today's hyper-connected world, opportunities that were once limited by geography or social circles are now available at our fingertips. Aspiring artists, entrepreneurs, and professionals can showcase their skills online, connect with mentors, and get discovered in ways that were unimaginable just a few decades ago.

Media saturation also provides unparalleled access to information. Tutorials, webinars, e-books, and expert content allow anyone to learn new skills, explore industries, and make informed decisions. With the right guidance and media literacy, people can leverage social platforms and digital tools to identify their passions, discover opportunities, and build careers on a global scale. In essence, a world awash in media can amplify voices that might otherwise go unheard—and help individuals carve out their purpose in life.

Did You Know?

85% of job seekers use social media to research potential employers or showcase their professional brand. (careerbuilder.com)

YouTube and TikTok have over 2 billion combined active users, offering platforms for creators to be “discovered” and monetize their content. (statista.com)

Online learning platforms like Coursera and Udemy have seen over 100 million learners worldwide, demonstrating the reach of digital education. (coursera.org)

According to Fortune magazine, 42% of American teenagers now earn money through digital channels, some as young as age 12. Neal Schaffer also reports that the creator economy is rapidly expanding. In 2022 alone, content creators earned a baseline of \$5.5 billion across nine major platforms.



OPPORTUNITY IN

OVERLOAD

Gen-Z Influencers Changing the Game

Some of the most recognizable names in media today didn't come from Hollywood or Ivy League universities—they built their platforms from their phones. These creators prove that digital spaces, when used wisely, can be powerful tools for impact, creativity, and income: Kai Cenat (22) – One of the most watched streamers in the world, Cenat broke Twitch's all-time subscriber record and built a multi-million-dollar brand from comedic skits and gaming streams.

Emma Chamberlain (23) – Starting on YouTube as a teenager, Chamberlain redefined online authenticity and now runs a global coffee brand, podcasts, and fashion partnerships with luxury houses like Louis Vuitton.

IShowSpeed (19) – Known for his energetic live streams, Speed has amassed millions of followers and lucrative sponsorships while blending entertainment, gaming, and music.

Charli D'Amelio (20) – Rising to fame on TikTok for her dance videos, D'Amelio has since launched multiple businesses and starred in a Hulu reality series, proving that short-form content can lead to mainstream stardom.

MrBeast (Jimmy Donaldson, 25) – From viral challenges to philanthropy, MrBeast turned a YouTube channel into a global empire, using media influence to fund charitable projects and massive giveaways.

These success stories aren't about luck—they're examples of how intentional content creation, consistent effort, and digital literacy can turn screen time into career time.

Did You Know?

Over 50 million people worldwide now consider themselves “creators” or “influencers” (SignalFire, 2023).

The global creator economy is valued at \$250 billion and projected to surpass \$480 billion by 2027 (Goldman Sachs, 2024).

Nearly 60% of Gen Z say they want to start a business or side hustle online before age 25.



SCREEN SMARTS

HOW SHARP IS YOUR MIND?

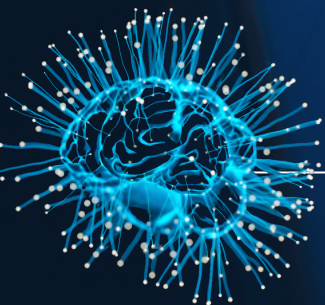
This has been an incredible dive into the static world of media and technology. From the introduction to the expansion and ultimately the duality of how media can saturate your mind. Before you grab your phone or turn on Netflix, let's do a test to see how sharp your mind really is?

1. Visit the link below and watch the video. Once complete, listen to instructor for questions on the video.

www.legacyreentryfoundation.org

**Fake or Fact;
Are These True (T) or (F) Fale?**

- Cracking your knuckles causes arthritis.
- You only use 10% of your brain.
- Drinking milk builds stronger bones in everyone.
- Cold weather causes colds.
- Goldfish have a 3-second memory.
- Carrots improve your eyesight dramatically.
- Eating sugar causes hyperactivity in kids.
- Private browsing completely hides your activity from your parents, school, or internet provider.
- Using multiple social media platforms at once increases your productivity.
- Watching videos for long periods can reduce attention span and memory.



SCREEN SMARTS

HOW SHARP IS YOUR MIND?

GAME: "DID YOU PAY ATTENTION IN SCHOOL?"

GOAL: MEASURE HOW MUCH HISTORICAL KNOWLEDGE STUDENTS SHOULD KNOW — AND REVEAL THE IMPACT MEDIA CONSUMPTION HAS ON RETENTION.

TIME: 8–10 MINUTES

1. WHO WROTE THE DECLARATION OF INDEPENDENCE?

- A. GEORGE WASHINGTON**
- B. BENJAMIN FRANKLIN**
- C. THOMAS JEFFERSON**
- D. JOHN ADAMS**

2. WHAT YEAR DID THE CIVIL WAR BEGIN?

- A. 1812**
- B. 1861**
- C. 1789**
- D. 1901**

3. THE THREE BRANCHES OF THE U.S. GOVERNMENT ARE:

- A. CONGRESS, SENATE, HOUSE**
- B. EXECUTIVE, LEGISLATIVE, JUDICIAL**
- C. FEDERAL, STATE, LOCAL**
- D. PRESIDENT, CONGRESS, PEOPLE**

4. WHAT WAS THE MAIN REASON THE COLONISTS FOUGHT THE AMERICAN REVOLUTION?

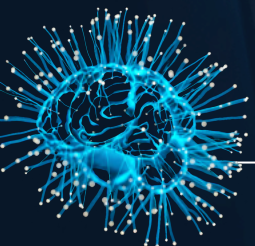
- A. TO FREE ENSLAVED PEOPLE**
- B. TO GAIN INDEPENDENCE FROM BRITAIN**
- C. TO EXPLORE THE WEST**
- D. TO END WORLD WAR I**

5. WHICH MOVEMENT WORKED TO END RACIAL SEGREGATION IN THE U.S.?

- A. INDUSTRIAL REVOLUTION**
- B. CIVIL RIGHTS MOVEMENT**
- C. GREAT MIGRATION**
- D. AMERICAN REVOLUTION**

6. WHO WAS HARRIET TUBMAN?

- A. THE FIRST BLACK CONGRESSWOMAN**
- B. AN ABOLITIONIST WHO LED ENSLAVED PEOPLE TO FREEDOM THROUGH THE UNDERGROUND RAILROAD**
- C. A WRITER WHO FOUGHT FOR WOMEN'S RIGHTS**
- D. THE FIRST AFRICAN AMERICAN SUPREME COURT JUSTICE**



SCREEN SMARTS

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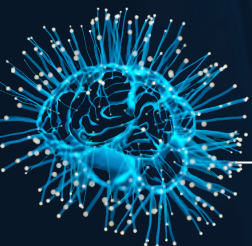
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SCREEN SMARTS

HOW SHARP IS YOUR MIND?

7. WHAT WAS THE GREAT DEPRESSION?
- A. A WAR BETWEEN THE U.S. AND EUROPE
 - B. A SEVERE ECONOMIC CRISIS IN THE 1930S
 - C. A TIME WHEN AMERICA EXPANDED WEST
 - D. A PROTEST MOVEMENT AGAINST SLAVERY

8. WHAT DID THE 13TH AMENDMENT DO?
- A. GAVE WOMEN THE RIGHT TO VOTE
 - B. ENDED SLAVERY IN THE UNITED STATES
 - C. ALLOWED FREEDOM OF SPEECH
 - D. CREATED THE BILL OF RIGHTS

9. WHICH COUNTRY DID THE U.S. FIGHT AGAINST DURING WORLD WAR II?
- A. CHINA
 - B. GERMANY, ITALY, AND JAPAN
 - C. FRANCE AND BRITAIN
 - D. CANADA

10. WHAT WAS THE PURPOSE OF THE CIVIL RIGHTS ACT OF 1964?
- A. TO END THE VIETNAM WAR
 - B. TO OUTLAW SEGREGATION AND DISCRIMINATION
 - C. TO ESTABLISH THE UNITED NATIONS
 - D. TO LOWER THE VOTING AGE

REFLECTION QUESTIONS (POST-QUIZ)

HOW MANY OF THESE QUESTIONS DID YOU FEEL 100% CONFIDENT ANSWERING?

DO YOU THINK YOU WOULD'VE SCORED HIGHER IN MIDDLE SCHOOL THAN YOU DID TODAY? WHY OR WHY NOT?

HOW MUCH OF WHAT YOU DO REMEMBER IS FROM SCHOOL — AND HOW MUCH FROM SOCIAL MEDIA?

WRITE DOWN THE LAST 5 THINGS THEY LEARNED ONLINE (E.G., MEMES, CELEBRITY DRAMA, VIRAL TRENDS).

WHICH OF THESE IS MORE IMPORTANT TO YOUR FUTURE — AND WHY IS IT HARDER TO REMEMBER THE SCHOOL STUFF?

