DID YOU KNOW?
A survey conducted by Netflix among its own viewers shows that about 60% of Dutch viewers sometimes indulge in binge-watching.

Binge-watching is becoming increasingly popular. In this at-home assignment you will learn what binge-watching is, why we do it and what the pros and cons of binge-watching are. You are going to investigate and map out who or what influences your binge-watching and think about how you feel about your own binge-watching.

In this lesson we use the following definition:
“Binge-watching is viewing at least three episodes of a TV show in a row”.

ASSIGNMENT 1
Watch this video about binge-watching: [www.digi-doener.link/ytbw](http://www.digi-doener.link/ytbw).

Name two negative effects of binge-watching.

1  

2  

Name two positive effects of binge-watching.

1  

2  

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ASSIGNMENT 2

Are there any TV shows that you have binge-watched? If yes, how many (approximately)?

How many hours a day do you watch TV shows (approximately)?

How did you find out about these TV shows?

Why did you start watching them?

What made you keep on watching them?

How did others think about how much you were watching the shows, for example your friends, your parents/guardians?

How did you feel when the show ended?

DID YOU KNOW?
The CEO of Netflix once said that “sleep is the enemy of Netflix”?

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ASSIGNMENT 3

Fill out the graph below using the answers from assignment 2.
ASSIGNMENT 4

Look at the graph that you made about yourself in the previous assignment. Do you recognise yourself in the graph? Why or why not?

How do you feel about the graph?

Why do you think that you binge-watch?

Do you want to change something about your own binge-watching behavior? Why?

TIP

Do you want to know more about why we binge-watch? Check out this video from BBC: www.digi-doener.link/bcbw