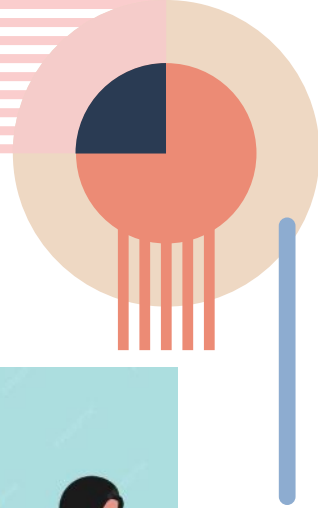
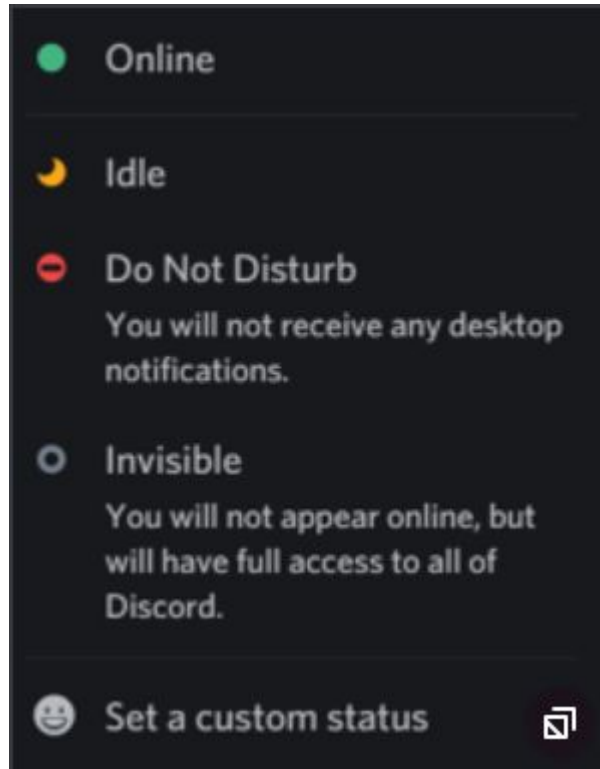


Digital Wellbeing & Safety



Daily Status Check



Active and ready to engage

Present and open

Need some time to warm up

I need a quick 5 minutes to get centered

I've got something important to share

Declaration

Technology and social media can be a helpful tool for my life. I believe in the power of technology and social media, and our ability to use it responsibly. I am committed to educating myself and others on digital wellbeing and how technology works behind the scenes to ensure we use it wisely.



Theme 1: You are the Target

Activity Slides

Lesson 1: What is Social Media

Logging In Activity: “Which Platform is it?” game

Lesson 3:

Uploading Activity: How does social media impact me?

Video Links

Lesson 2: How Does Social Media Work?

Logging In Activity: “What the Physics?! The Physics Behind Texting”

Main Idea: How Much Do Social Media Algorithms Control You?

Lesson 3: How Does Social Media Impact Me?

Logging In Activity: Why the teenage brain has an evolutionary advantage.

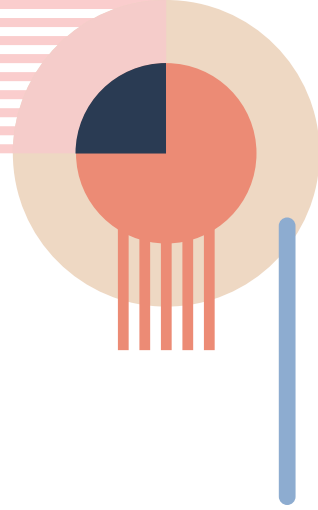
Main Idea: Decision making and the adolescent brain.

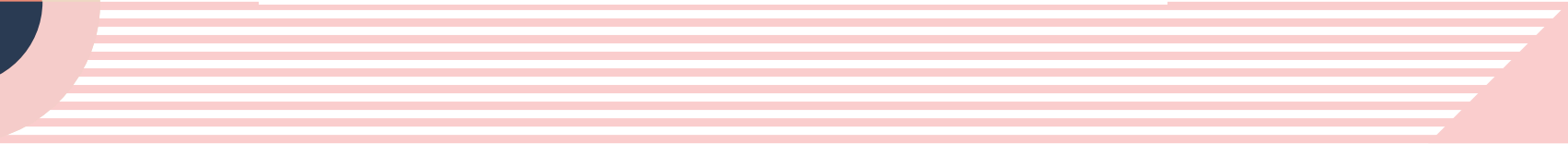
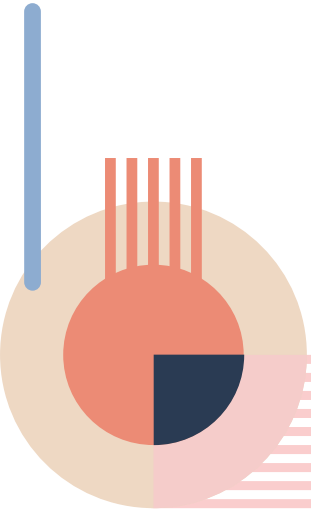
Additional Links: The Hand Model of the Brain.

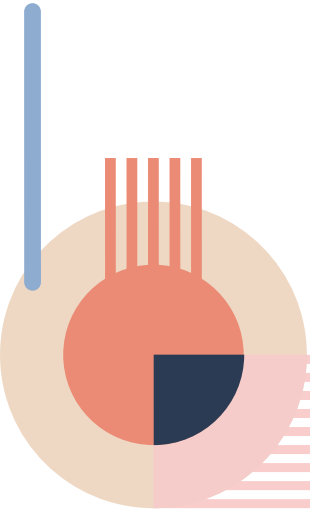


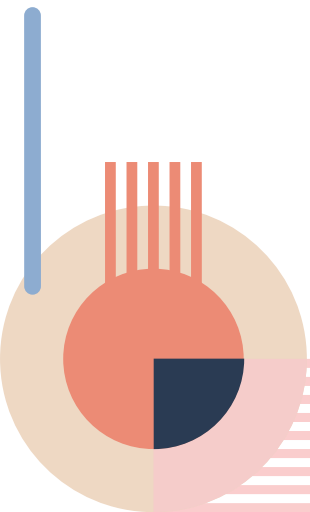
Game Time

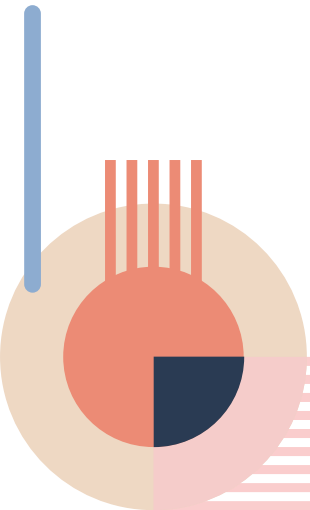
Divide group into 2 teams. Each team will send a different student up each round to play. The first student to correctly guess the Social Media logo earns their team a point. Team with the most points wins.

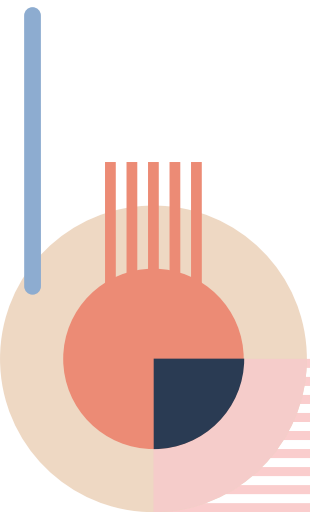


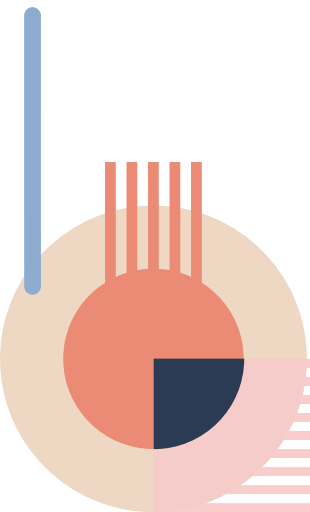


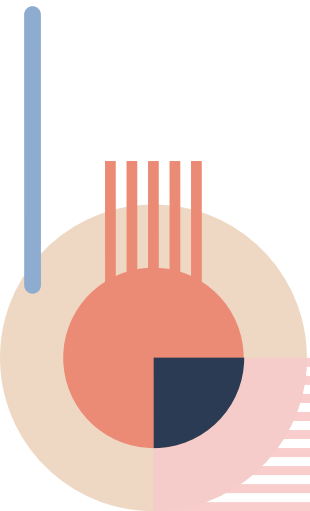


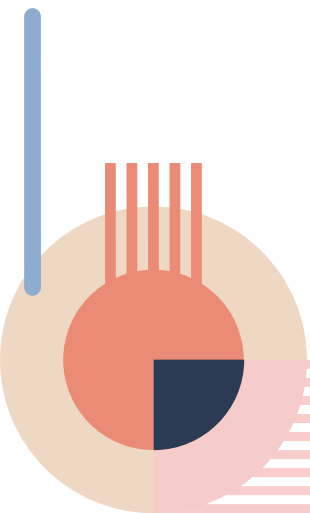


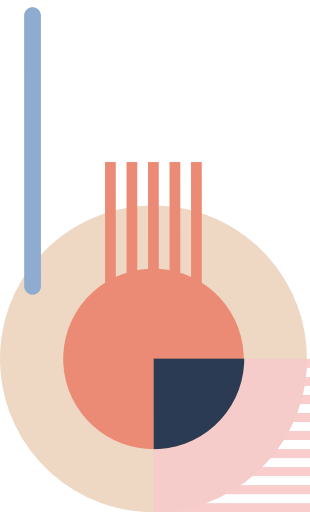


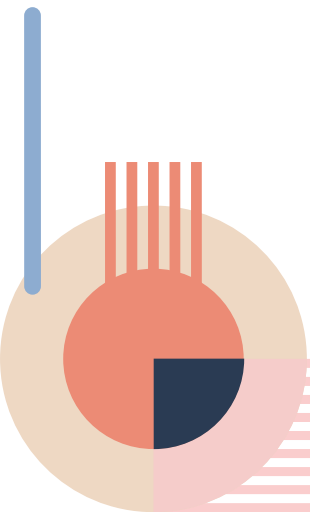


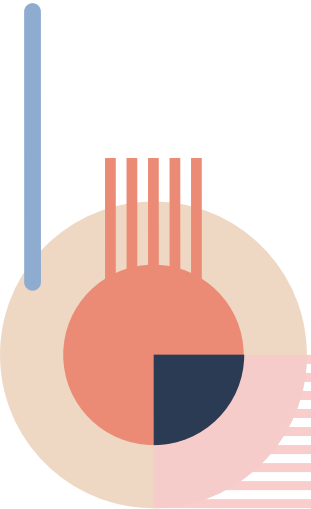


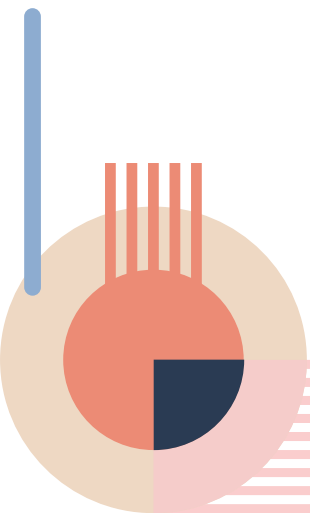


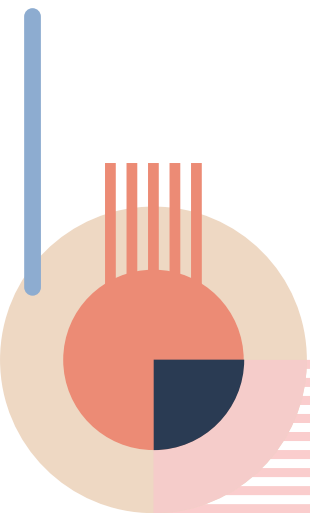












Uploading Activity



Meet the Original Renegade Dance Creator: Jalaiah Harmon - The New York Times

Images may be subject to copyright. [Learn More](#)



Theme 2: Addictive on Purpose

Activity Slides

Lesson 5: How we build our algorithms

Main Idea: Persuasive and addictive design slides

Video Links

Lesson 4: How we build our algorithms

Uploading Activity: [Social media algorithms explained | CBC Kids News.](#)

Lesson 5: Addictive Design V. Humane Design

Logging In Activity: [The Social Dilemma](#)

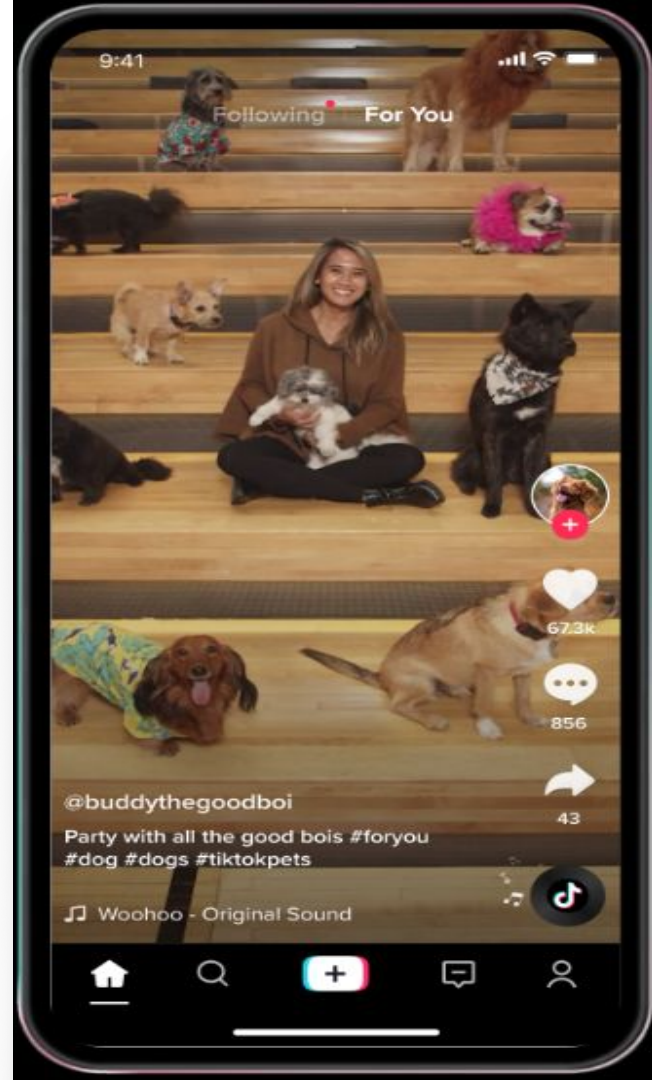
Lesson 6: Policies and practices that impact young people

Logging In Activity: [Schoolhouse Rock: I'm Just a Bill](#)





1. Take a minute to silently observe the app screenshot.
2. What addictive design features are built into this experience?



Infinite Scroll

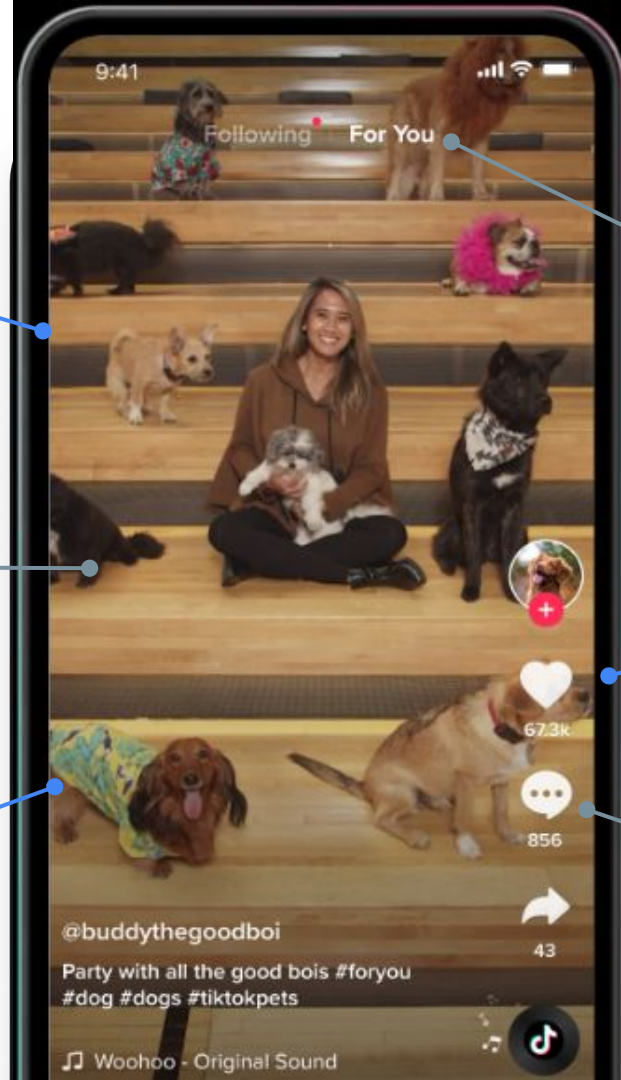
No end point means endless browsing

Algorithm

Content tailored to keep you watching longer

Autoplay

Videos play without you having to tap



For You Page

Personalized content that's hard to resist

Social Validation

Likes and comments

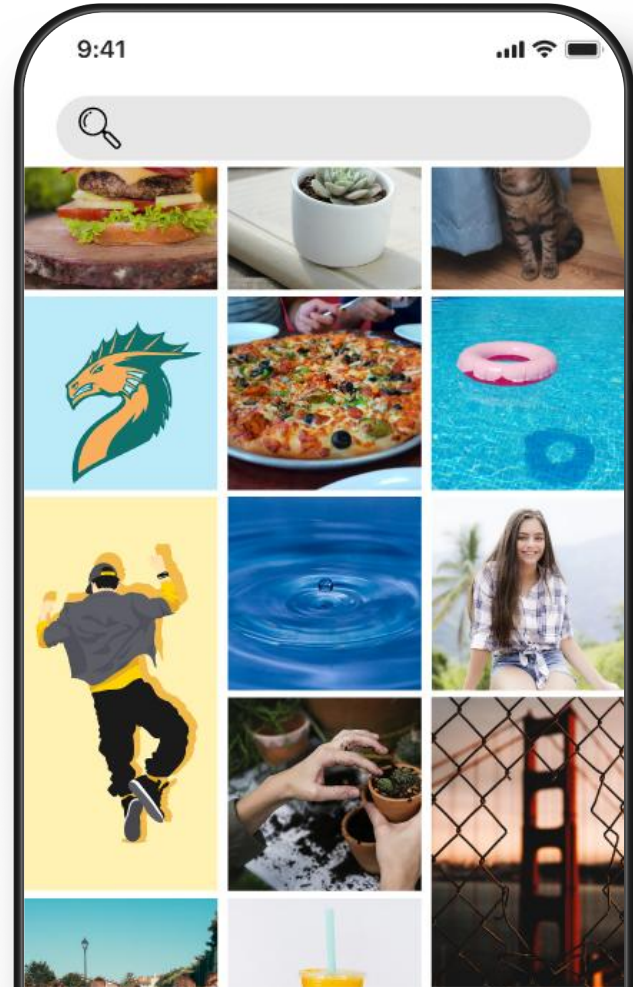
Notifications

Pull you back in



INFINITE SCROLL

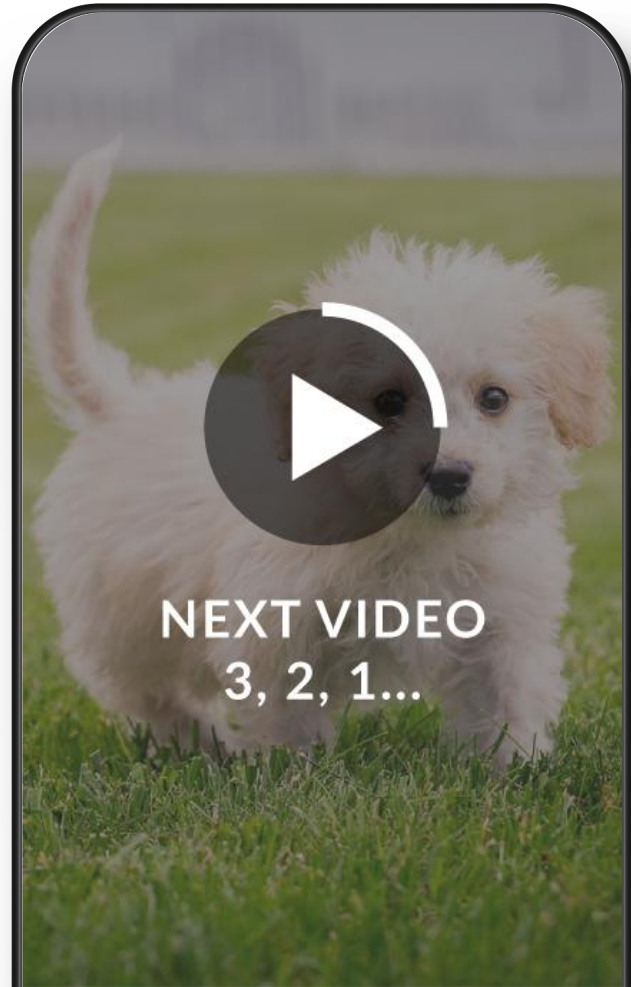
Content that continuously loads as you scroll, which eliminates natural stopping points and makes it easy to keep scrolling without you deciding to continue





AUTOPLAY

When a platform automatically starts playing the next episode or recommended video, which removes your decision to watch another and makes continuous watching the default habit





STREAKS

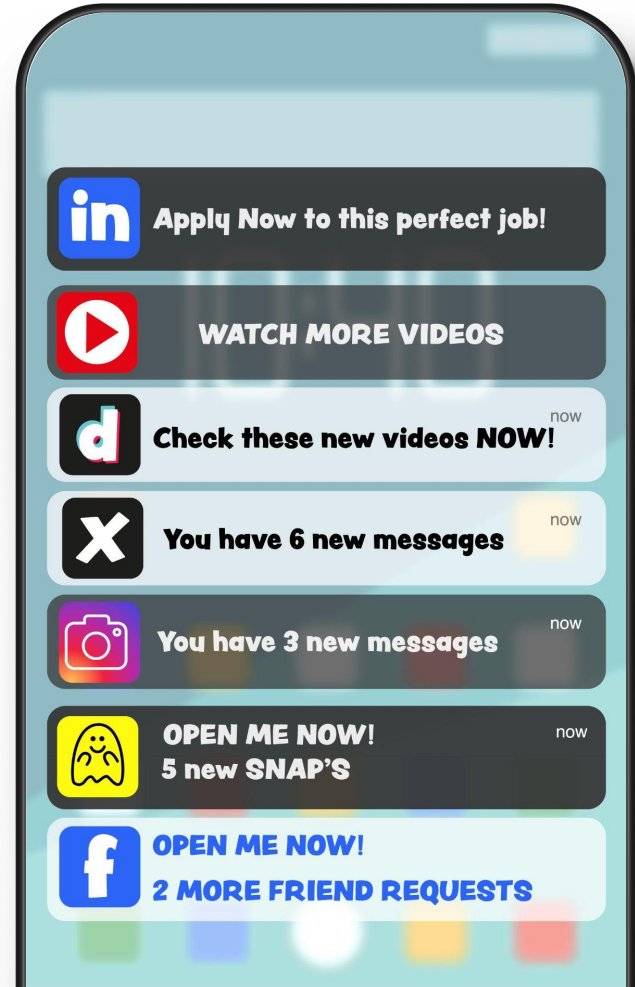
Rewarding daily use with "streaks" that users don't want to break, which creates a habit of checking in daily to maintain the streak





NOTIFICATIONS

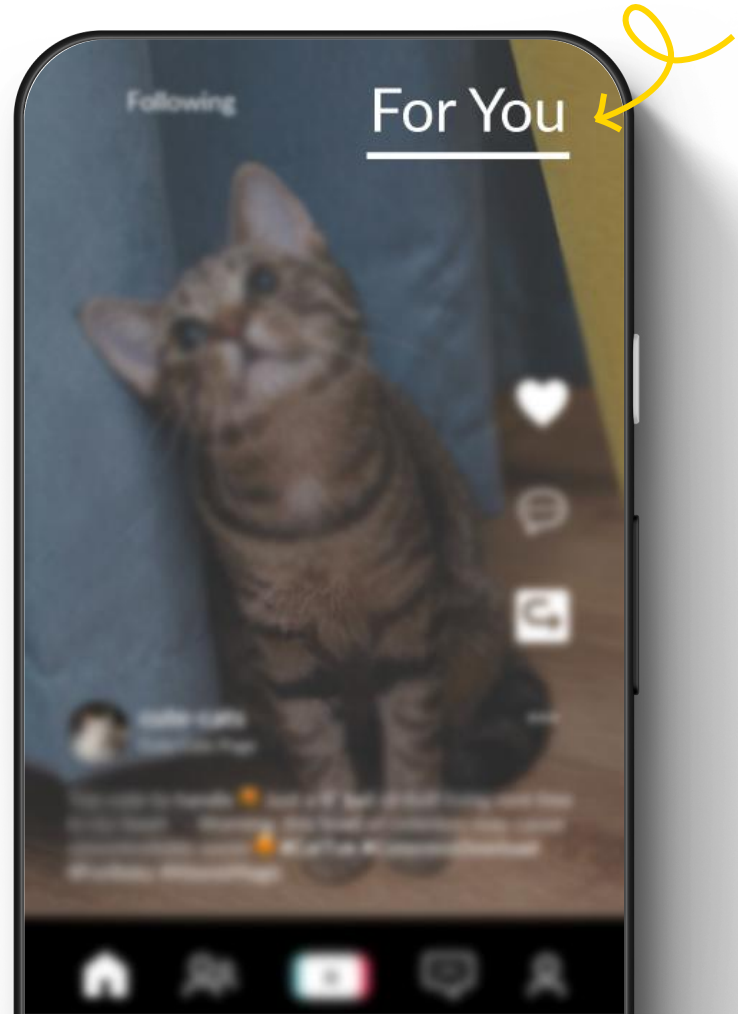
Alerts that draw your attention back to the app or device, which trains you to habitually respond to these interruptions





PERSONALIZED RECOMMENDATIONS

Using AI (artificial intelligence) to learn what content keeps you engaged longest and showing you more of it, which makes it harder to stop because everything feels interesting to you



Theme 3: Digital Footprint



Activity Slides

Lesson 7: Where does the info go?

Logging In Activity: Passive V Active Digital Footprint and definition slides

Lesson 8: They're using my info HOW???

Logging In Activity: Algorithm Reaction Math Formula

Uploading Activity: Algorithmic Bias and Fairness Teach-back questions

Video Links

Lesson 7: Where does the info go?

Main Idea: What is a Digital Footprint?

Uploading Activity: Understanding your Digital Footprint

Lesson 8: They're using my info HOW???

Main Idea and Uploading Activity: Algorithmic Bias and Fairness



Active Versus Passive Digital Footprint

1. Divide the room into two teams.
2. Have one student from each team face each other.
The first student to slap their hand on the desk with the correct answer to the question on the slide wins a point for their team.
3. Switch students for each question.
4. The team with the most points at the end wins



vs



Active digital footprint

Passive digital footprint



Creating a username for an app



vs



Active digital footprint

Passive digital footprint



A game tracking how
long you play



vs



Active digital footprint

Passive digital footprint



An app tracking what you've watched so that it can suggest more related content



vs



Active digital footprint

Passive digital footprint



Posting a comment



vs



Active digital footprint

Passive digital footprint



Your medical records



vs



Active digital footprint

Passive digital footprint



Pictures of you your friends
and family post.



vs



Active digital footprint

Passive digital footprint



Phone calls



vs



Active digital footprint

Passive digital footprint



Browsing history



vs



Active digital footprint

Passive digital footprint



IP Address



vs



Active digital footprint

Passive digital footprint



Device information



vs



Active digital footprint

Passive digital footprint



Likes and reposts



vs



Active digital footprint

Passive digital footprint



Shopping preferences



vs



Active digital footprint

Passive digital footprint

Digital Footprint:

All of the information online about a person, either posted by that person or by others, intentionally or unintentionally



Active Digital Footprint:

Information you choose to share online. Ex: posts, comments, or fill out forms.



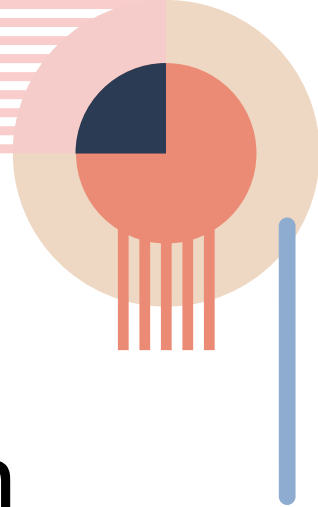
Passive Digital Footprint:

Information that gets collected automatically when you use apps, websites, and devices



-  = 1 POINT
-  = 2 POINTS
-  = 5 POINTS
-  = 10 POINTS

Algorithm Reaction Math Formula



Algorithmic Bias and Fairness

Teach-back Questions



1. What are the main ideas from your segment as it relates to the title of your segment?
2. What seems beneficial or positive?
3. What seems problematic?
4. Where is the tension or conflict?
5. What do we need to take away in order to be safer online?





WATCH + DISCUSS



Discussion questions:

- Why did Harvard revoke the students' admission? What was their reasoning?
- Do you agree with their decision? Why, or why not?

Theme 4: Digital Drama

Activity Slides

Lesson 9: The Power of “Anonymity”

Main Ideas: “How Normal Am I” QR code

Uploading Activity: Dealing with Digital Drama

Video Links

Lesson 9: The Power of “Anonymity”

Uploading Activity: Dealing with Digital Drama

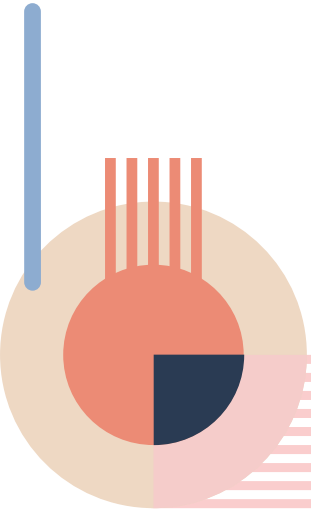
Lesson 10: Virtual Responsibility

Main Idea: Teen Voices: Who Are You on Social Media?





"How Normal Am I" Anonymity Experience





Question Time: Raise Your Hand if....

Over the past year, you
have been insulted or
disrespected by someone
on social media.





Question Time: Raise Your Hand if....

Over the past year, you
have had your name or
reputation damaged on
social media.





Question Time: Raise Your Hand if....

Over the past year, you
have been threatened by
someone on social media.





Question Time: Raise Your Hand if....

Over the past year, you
have posted something that
you deleted or regretted
posting something on social
media.





What are some things that you have posted?

- 1) Think of a time that you have seen someone else post something that is not appropriate or something that they should not have.
- 2) With a neighbor, share about a time that you posted something.



