Grade 8 Sample Lesson Plan:
Socially Conscious Social Networking

SOLs

Identify the benefits and risks of social networking
Justify and encourage safe, respectful, and responsible relationships

Objectives/Goals

- The student will identify and explain essential health concepts in terms of the benefits and risks of social networking.
- The student will undertake health promotion activities that demonstrate an understanding of emotional health as it pertains to social networking.
- The student will demonstrate how to influence and support others to make positive health choices when online and using social media.

Materials

- Socially Conscious Social Networking slideshow

Procedure

- Hook - Show the award winning 2 min video on YouTube entitled "What's Your Story?" by Mark C. Eshleman - https://www.youtube.com/watch?v=SdC7iBpD8Sk
- After the video ask the following questions:
  - *What parts of the video can you relate to the most in your own life experiences online?*
  - *Can you think of a time where you "crossed the line" and did something you wish you had not? If so, what happened?*
  - *Have you ever "taken the high road" in terms of a good decision that affected someone else or others in a positive way? Explain.*
- Next, use the Socially Conscious Social Networking slideshow to guide your class discussion.
  - Some of the key concepts/questions covered include...
    - In what ways does social networking positively affect peer relationships? (Pros or benefits to social networking)

- o In what ways does social networking negatively affect peer relationships? (Cons or costs to social networking)
  - o How is cyberbullying different than traditional bullying?
  - o How is cyberbullying similar to traditional bullying? What do they both have in common?
  - o Would you rather be bullied online or in person? Why?
  - o What should you do if you are being harassed or bullied online?
  - o How can social networking impact someone's emotional health? Both positively and negatively?
- You can have a large class discussion or possibly put student into small groups to discuss/answer these questions.
- As a fun way to wrap up the lesson, you could show the Digital Literacy Rap, by Andy Horne, 2015 National Health Teacher of the Year (https://youtu.be/xHPcPCq72f4)
- Have students complete the assessment below to show their understanding.

Assessment Idea
- Social Networking Reflection & Advocacy Campaign assessment

References
- Andy Horne, 2015 National Health Teacher of the Year

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
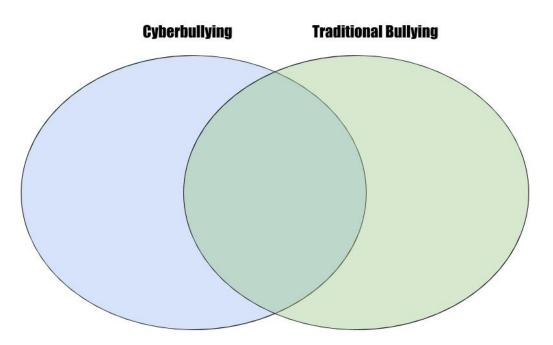
Social Networking Reflection & Advocacy Campaign

Complete the following reflection questions, then you will create an advocacy campaign and demonstrate how to influence and support others to make positive health choices when online and using social media.

1. How do you use technology & social media to reinforce and strengthen your friendships?

2. In what ways can technology & social media negatively affect peer relationships?

3. In what ways does cyberbullying differ from traditional bullying? How are they similar? Please fill in the Venn Diagram by giving examples. Think about the role of the aggressors, targets, and bystanders in each. Come up with at least 4 examples in each.

Cyberbullying   **Traditional Bullying**

Health Advocacy Campaign

@DigitalLiteracy is looking for advice from teens to inform others about making good decisions when it comes to making choices online. Your task is to come up with a creative way to identify the benefits and risks of social networking AND justify and encourage safe, respectful, and responsible relationships when online and using social media

Option 1: Advocacy Poster

- Create a poster using Canva.com
- Your poster should advocate for activities and behaviors that will promote emotional health and encourage safe, respectful, and responsible relationships when online and using social media.
- Your poster should be neat and colorful
- Include one catchy slogan to help people remember your message

Option 2: Advocacy Podcast

- You will write a script and record a 1 minute podcast..
- Your podcast should advocate for activities and behaviors that will promote emotional health and encourage safe, respectful, and responsible relationships when online and using social media.
- Your podcast should have basic music in the intro and outro….possibly in between transitions.
- Include one catchy slogan to help people remember your message
- You might want to use Garageband or Audacity to record your podcast.

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Rubric

Criteria	4	3	2	1
Reflection Questions - Identify and explain essential health concepts in terms of the benefits and risks of social networking.	The reflection to questions 1-3 are thorough and clear. Student completely identifies and explains essential health concepts in regard to the benefits and risks of social networking	The reflection to questions 1-3 are mostly thorough and clear. Student mostly identifies and explains essential health concepts in regard to the benefits and risks of social networking	The reflection to questions 1-3 are somewhat thorough and clear. Student somewhat identifies and explains essential health concepts in regard to the benefits and risks of social networking	The reflection to questions 1-3 are lacking sufficient detail or incomplete.. Student does not identify and explain essential health concepts in regard to the benefits and risks of social networking
Demonstrates how to influence and support others to make positive health choices when online and using social media.	Student fully demonstrates how to influence and support others to make positive health choices when online and using social media.	Student mostly demonstrates how to influence and support others to make positive health choices when online and using social media.	Student somewhat demonstrates how to influence and support others to make positive health choices when online and using social media.	Student does not demonstrate how to influence and support others to make positive health choices when online and using social media.
Justifies and encourages safe, respectful, and responsible relationships when online and using social media.	Student clearly justifies and encourages safe, respectful, and responsible relationships when online and using social media.	Student mostly justifies and encourages safe, respectful, and responsible relationships when online and using social media.	Student somewhat justifies and encourages safe, respectful, and responsible relationships when online and using social media.	Student does not justify and encourage safe, respectful, and responsible relationships when online and using social media.

Feedback:

Reflection for Improvement: