



SAMPLE LESSON PLANS

Grade 9 – Social Emotional Health

Unit 10

SOLs:

- 9.1M Describe the positive and negative impacts of social networking
- 9.3J Discuss ramifications of sharing personal information through electronic media

Title: Social Networking and You

Objectives/ Goals:

- The student will apply health knowledge to describe the pros and cons to social networking as it pertains to one's health.
- The student will be able to identify and discuss the consequences of sharing personal information through electronic media such as email, social media, and text messaging.
- The student will identify some of the benefits of sharing information online.
- The student will reflect on the risks of sharing inappropriate information (oversharing) online.
- The student will think critically about what they choose to post and share about themselves online.

Materials:

- [Video Discussion Guide](#) to "[Brittany's Story](#)"
(Common Sense Media https://youtu.be/_aSCX-ZcJcg)

Procedure:

- Part 1 - Instant Activity - As students come into the classroom use this as a writing or discussion prompt: *What is Digital Citizenship?* You could have students create a "Good" and "Poor" list to talk about and list behaviors or actions that would fall underneath these

categories.

- Next, show a short clip from Common Sense Media describing digital citizenship - <https://www.youtube.com/watch?v=mbbuLFUSd0A> (40 secs)
- Next, ask the class to brainstorm ideas to the following: *What are some positives to social networking?* Or, you can get them to think specifically how the pros to technology on the relationships they have with other teens? Have them share in small groups or to the entire class as a whole.
- Then ask the class to come up with ideas to the following: *What are some negatives to social networking?* Again, you can get them to think about cons to technology in terms of it impacting relationships with other teens and their own well-being. Have them share in small groups or to the entire class as a whole.

Here is a nice graphic that summarizes many pros and cons to social networking:

Social Media	
<u>Pros</u>	<u>Cons</u>
• Stimulates creativity	• Emotional detachment/escapism
• Connect with family and friends (old & new)	• Self-Exposure (TMI)
• See what people are doing	• Is it all truthful?
• Feelings of affirmation & support	• Info is archived (college/employer)
• Freedom/independence	• Cyberbullying
• Self Exposure/Career Promotion	• Social Combat
• A place for activism	• Peer pressure
• Helps with homework	• Purposeful Exclusion
• Communication	• Identity theft
• Networking (LinkedIn)	• Online Predators
	• Addiction / Less Sleep

- EXPLAIN to students that:
 - Though there are many benefits to sharing information online, the Internet should generally be considered public because: (1) “private” information can become public if passed on, and (2) posts in many online communities are public by default.
 - Most information posted online: (1) can be searched, (2) can be seen by HUGE,

invisible audiences, (3) can be copied, altered, and sent to others, and (4) is persistent – it's almost impossible to take down, as it can start to spread the minute it is posted.

- Information that people post can get out of their control fast, so it is important to consider the consequences beforehand.
- Part 2 - Explore the benefits of sharing online (10 mins)

Point out to students that there are many ways in which sharing information with others online can be fun and rewarding. For instance, chatting over IM with friends or sending photos to grandparents can be two positive ways of sharing information. Have students come up with other examples

 - Ask students: *How do you share information for fun with others online?*
 - *Examples might include:*
 - *Make online photo albums for friends*
 - *Make mash-ups or remixes and share them online*
 - *Message friends who have moved away from school*
- Show one or two brief examples of websites where students share their work with others. Have students give names and short descriptions of websites where they know kids share their work. If you have Internet access, bring up one or two of the websites that they list and possibly explore it as a class.
- Part 3 - Explore the risks of oversharing online (25 mins)
 - Show the video clip from Common Sense Media - "[Brittany's Story](https://youtu.be/aSCX-ZcJcg)"
 - Tell students that the video clip is about a girl that shared information online that she later regretted.
 - Arrange students in groups of 4-5 students and have them discuss the questions from the [Video Discussion Guide](#) (attached)- The questions include:
 - What are some of the benefits of sharing information online?
 - Brittney and her friends run down the street in their bras and then decide to post a video of it online. Do you think the consequences of their behavior would have been different if they hadn't posted the video online? How?
 - Brittney talks about the pressure she felt to impress her peers. Have you ever done something you knew was a bad idea because you wanted to impress other people?
 - What are some of the ways that private information can become public when you post it online?
 - Have you ever shared anything online and then later taken it down or wished that you could take it down? What were you thinking when you

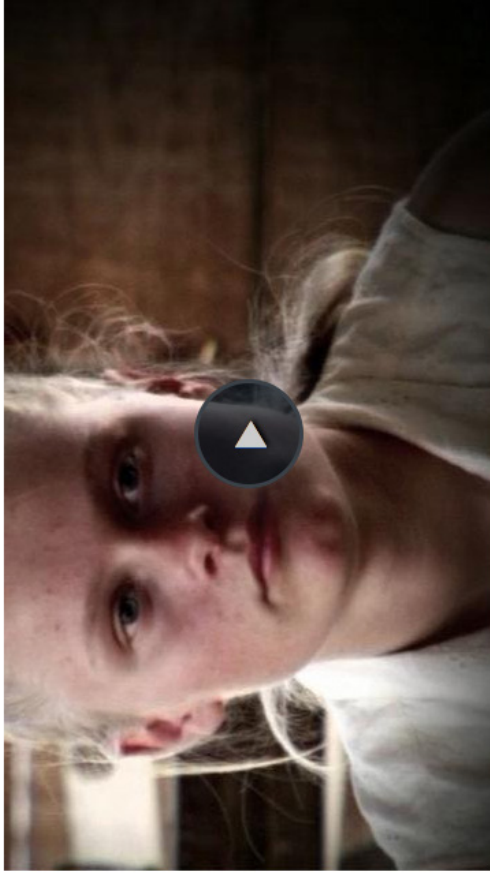
- originally posted it? Why did you change your mind?
 - What are some of the possible short-term consequences of sharing “truth or dare” videos online? What are some of the longer-term consequences?
- Have each group discuss the above questions. Then regroup everyone for an all-class discussion.
- Part 4 - Wrap Up
 - You can use these questions to assess your students understanding of the objectives. One idea would be to have students write a journal response to show their understanding.
 - *If you were to give a 5th grader advice about responsible technology use and/or appropriate social media use, what would be the major points you'd want to make?*
 - *What are some examples of people sharing in a rewarding way?*
 - *What things can you do to minimize oversharing in your own life?*
 - *How can you create a positive digital footprint?*
- To review, you could show Andy Horne's [Digital Literacy Rap](#) (<https://youtu.be/xHPcPCq72f4>) or, you can simply review these final key points with students.
 - *Once you put something online, you can never fully take it back.*
 - *Even if you delete a post, it may have been copied and pasted by another person or stored on a server; so the expression “better safe than sorry” is absolutely true when it comes to digital life.*
 - *Rather than posting something impulsively and regretting it later, wait until your emotions are calm, and don't hesitate to get a second opinion from a trusted adult or mentor if you think something might be in the gray area.*
 - *Think BEFORE you post -- every single time.*

Assessments, References, & Sources

- BBC - Positives & Negatives to Social Media - <http://www.bbc.co.uk/schoolreport/22065333>
- Some of this lesson was adapted from Common Sense Education - <https://www.commonsense.org/education/>
- Media Smarts - <http://mediasmarts.ca/>
- Common Sense Media - Digital Life 101 Video - <https://www.youtube.com/watch?v=Mkwmd60QrWQ>

- [Digital Literacy Rap https://youtu.be/xHPcPCq72f4](https://youtu.be/xHPcPCq72f4) - Andy Horne, 2015 National Health Teacher of the Year

Grades 9-12 | Discussion Questions



Brittney's Story: Posting Something You Regret

- What are some of the benefits of sharing information online?
- Brittney and her friends run down the street in their bras and then decide to post a video of it online. Do you think the consequences of their behavior would have been different if they hadn't posted the video online? How?
- Brittney talks about the pressure she felt to impress her peers. Have you ever done something you knew was a bad idea because you wanted to impress other people?
- What are some of the ways that private information can become public when you post it online?
- Have you ever shared anything online and then later taken it down or wished that you could take it down? What were you thinking when you originally posted it? Why did you change your mind?
- What are some of the possible short-term consequences of sharing "truth or dare" videos online? What are some of the longer-term consequences?

Digital Literacy Reflection

Complete the following questions. Thorough responses with examples will earn full credit.

1. How do you use technology to reinforce and strengthen your friendships? (2 pts)

2. In what ways can technology negatively affect peer relationships? (2 pts)

3. In what ways does cyberbullying differ from traditional bullying? Please fill in the chart by giving examples. Think about the role of the perpetrators, victims and bystanders in each. (4 points)

<u>Cyberbullying</u>	<u>Traditional Bullying</u>
Ex: Harder for adults to supervise	Ex: Adults are often better trained to react to physical bullying

4. @DigitalLiteracy is looking for advice from teens to inform others about making good decisions when it comes to making good decisions online. What are at least two key takeaways to share? (2 pts)