

Short Lesson Plan 1: Connections and Community

🕒 45min

Prerequisite: Online Lesson 1: Connections and Community

Materials

- Pencils/markers
- Poster paper

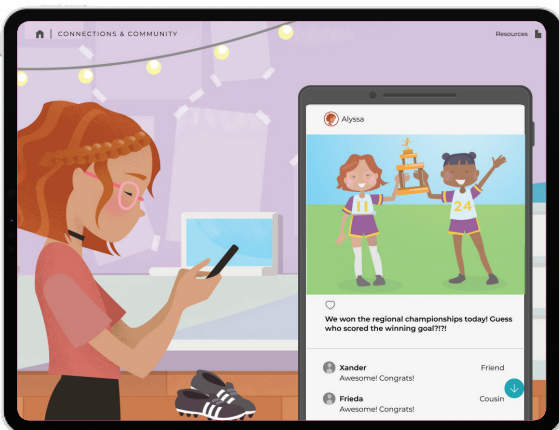
Standards Alignment

- ISTE Digital Citizen 2a
- ISTE Digital Citizen 2b
- CTCC 1: Act as a responsible and contributing citizen
- CASEL Social Awareness
- CASEL Relationship Skills
- CASEL Responsible Decision Making

Learning Objectives

- 1 | Build a safe and inclusive learning environment
- 2 | Differentiate the negative and positive aspects of an online community
- 3 | Identify methods to engage with others online in a respectful manner
- 4 | Identify methods to create a healthy balance between online and offline time

NOTES



Lesson 1

OPENING

🕒 3 min

Discuss as a class

Discuss the learning from lesson 1:

- What is social comparison?
- What is emotional contagion?
- What's an "alt" account?
- What is cyberbullying?

Notes:

Social Comparison: When you compare your life to others' social media posts and feel like your life is worse.

Emotional Contagion: When you feel the emotions you think someone else feels. It happens easily on social media.

"Alt" account or alternative account: A fake screen name. Sometimes, these accounts are used for cyber bullying. Often, people figure out who is really behind these fake accounts.

Cyberbullying: Cyberbullying is bullying that happens online. It's often in the form of harassing messages or posts. Sometimes those posts are anonymous.

NEW LEARNING

🕒 1 min

Discuss in small groups of 4 or 5

"Today we are going to explore some current social media platforms. In groups, you will be tasked to come up with a solution to the problem. You will present this in skit format. Keep your presentation to under a minute. You will have 10 minutes to brainstorm and prepare your solution/skit presentation. Each group will hand in a copy of their brainstorming notes and script."

Questions to keep in mind:

- Where can this person find help?
- What could you do as this person's friend?
- How should the person react?
- Are there certain terms that I am not clear on? Check the glossary on the EVERFI Ignition digital platform



ACTIVITY

🕒 10 min

Read in small groups

Create in small groups



DISCUSSION

🕒 5 min

Present to the class

Assess as a group

CLOSING

🕒 1 min

Formalize learning
with the whole group

HOMEWORK

🕒 20 min

Complete individually

Assess individually

Social Media Problems:

- Social comparison
- Emotional contagion
- “Alt” accounts or Alternative accounts
- Cyberbullying

Notes:

Social Media Problems are at the end of this lesson under handouts. Print and cut out each problem to hand out to table groups.

1-minute skit presentations

- Students showcase their brainstorming solutions and present key points and takeaways to the class in the form of a skit.

Each group will present their social media problem with a social media platform of their choice with a solution in skit format. Each group will have 1 minute to act this out.

Notes:

Have students hand in their brainstorming notes and script to the teacher.

“Great work everyone! Today we learned that we need to be careful about how we communicate on social media platforms. We used what we learned from lesson 1 to practice how to maintain a safe and positive digital presence and how to avoid social comparison, emotional contagion, and cyberbullying.”

For homework, we will be creating a “Tree of Care” for how to foster a safe digital environment. You will come up with two social media problems and solutions - it would be great if you could use two different social media platforms in your examples. The problems can be the same or different from the ones explored in the EVERFI Ignition digital module, but the solutions need to be different.

You will submit a draft of this to your teacher and you will post a final copy (anonymously) on a hand cut out and stick it on the “Tree of Care.”

Note:

Template for creating your two social media problems and solutions + final template to post on the “Tree of Care” at the end of this lesson plan under handouts

LEARNERS NEEDING SUPPORT

LEARNERS READY FOR EXTENSIONS

NOTES FOR NEXT TIME

Short Lesson 1:

Social Media Problems Teacher Handout (for the in-class activity)

Instructions: Print and cut out each problem to hand out to table groups. Students will pick their social media platform for the problem and present their solution in skit format.

Problem 1

Social Comparison

Skit Premise

Mia: "I hate my life! No one likes me. My best friend Jessica always gets 100+ likes when she travels. I only get 5, if I'm lucky!"

Problem 2

Emotional Contagion

Skit Premise

Henry: "I feel bad for Sarah, she is always getting bullied online. I stay up most nights on the phone with her, just to get her mind off of it. I've noticed that I fall asleep in class and I'm falling behind in math class. Sometimes it feels like I'm the one getting bullied online."

Problem 3

"Alt" (fake) Accounts

Skit Premise

Cory (friend of a friend): "Hey Liam, what's your number? It would be easier to communicate this way."

Liam: [what should Liam say or do?]

Problem 4

Cyberbullying

Skit Premise

Text from unknown: "You smell bad! You should really consider using some deodorant!"

Short Lesson 1:

Social Media Problems Teacher Handout (for the in-class activity)

Instructions: Brainstorm solutions to the social media problem. Document your script below.

GROUP NAMES _____

DATE _____

SOLUTION TO SOCIAL MEDIA PROBLEM

SKIT PRESENTATION SCRIPT

NOTES

Short Lesson 1:

Student Homework Handout

Instructions: Write out your two social media problems and solutions on this draft.

NAMES _____ **DATE** _____

SOCIAL MEDIA PROBLEM AND SOLUTION #1

Blank space for writing the first social media problem and solution.

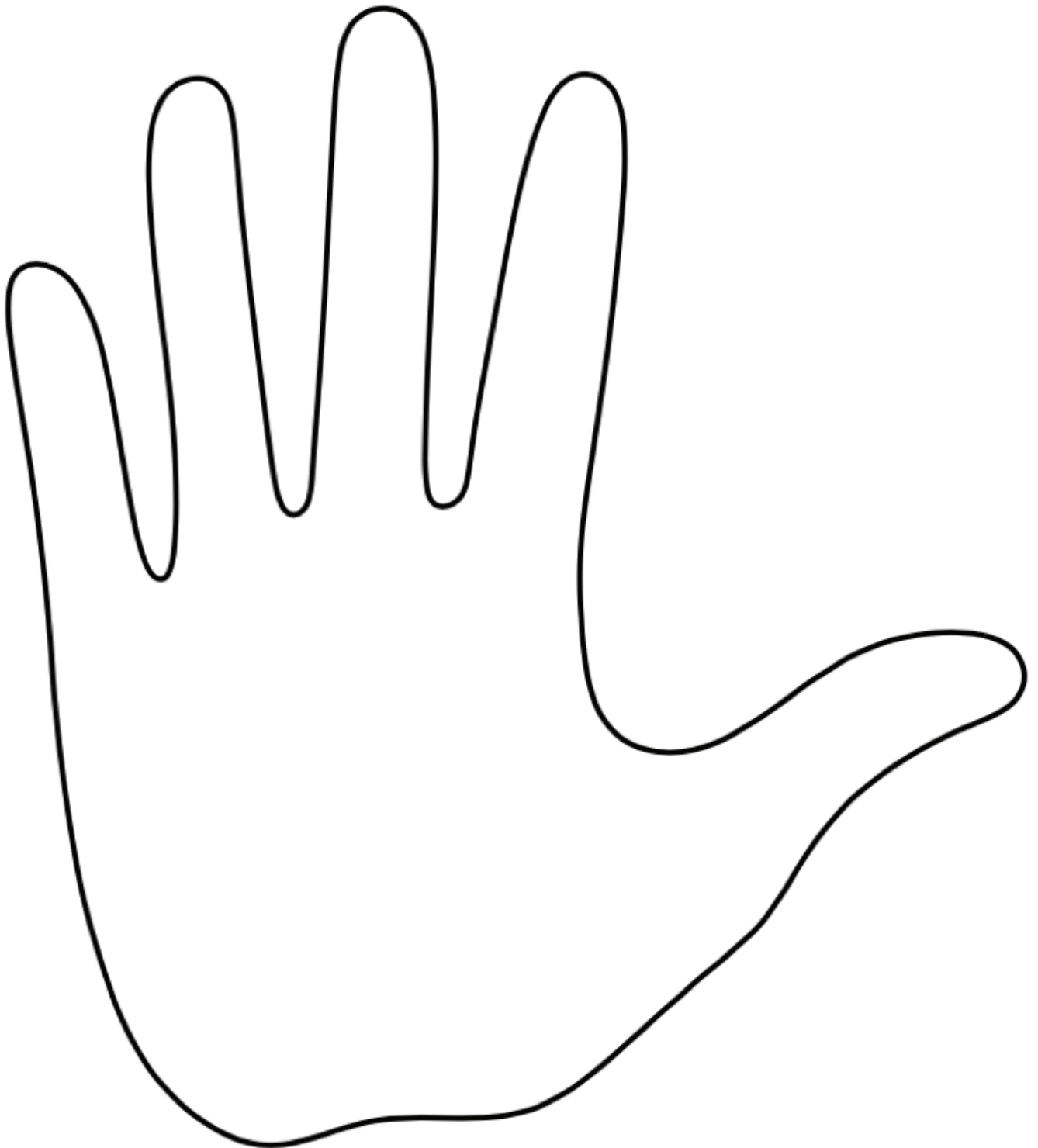
SOCIAL MEDIA PROBLEM AND SOLUTION #2

Blank space for writing the second social media problem and solution.

Short Lesson 1: Student Final Homework Handout

Instructions:

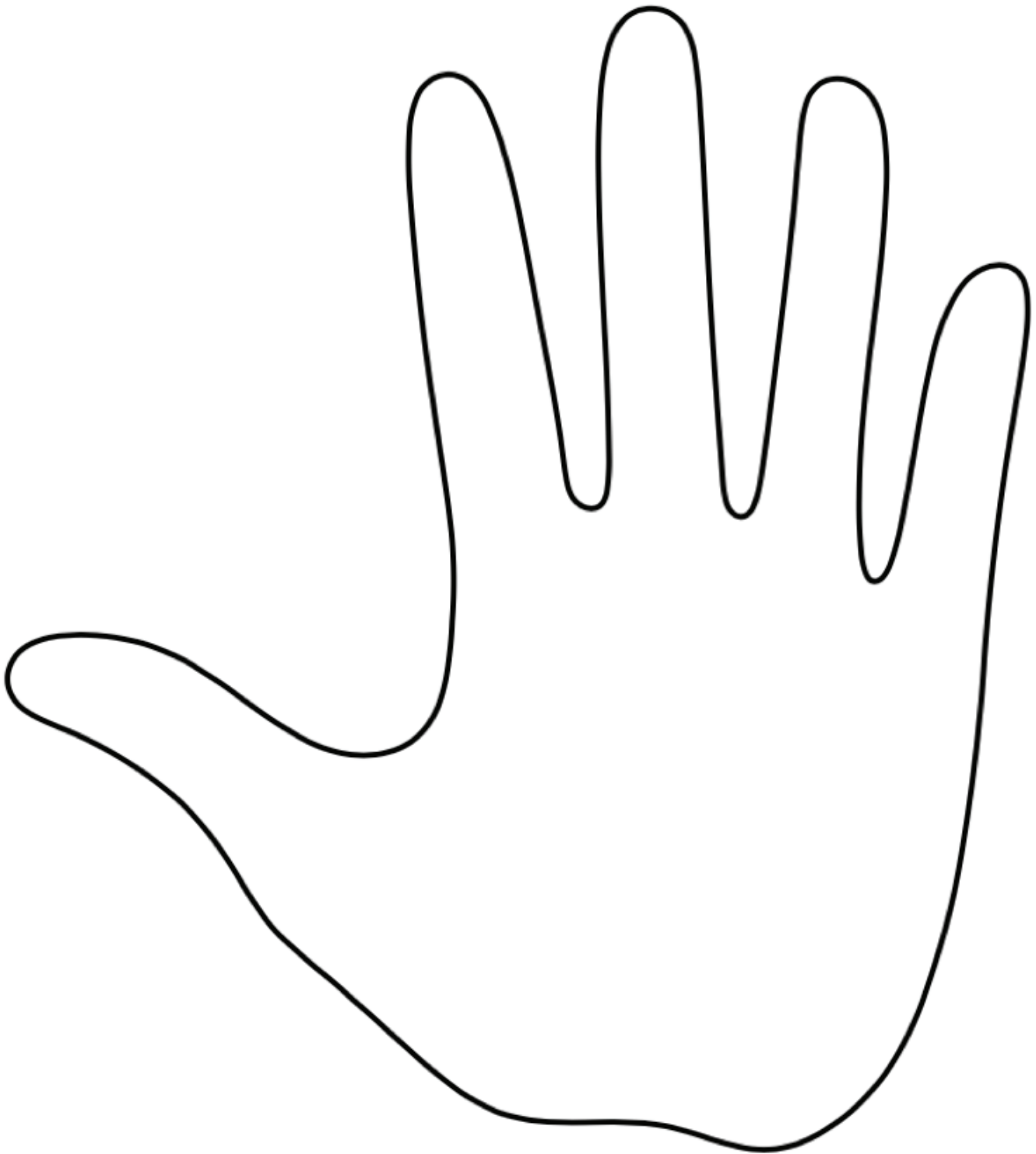
Write out final copy of your two social media problems and solutions and cut out the hands to place on the “Tree of Care”



Short Lesson 1: Student Final Homework Handout

Instructions:

Write out final copy of your two social media problems and solutions and cut out the hands to place on the “Tree of Care”



Teacher and students will create the “Tree of Care” in the classroom

Sample:

