Digital Citizenship Lesson: What Is My Digital Life Like?

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Glenn Hills Middle School

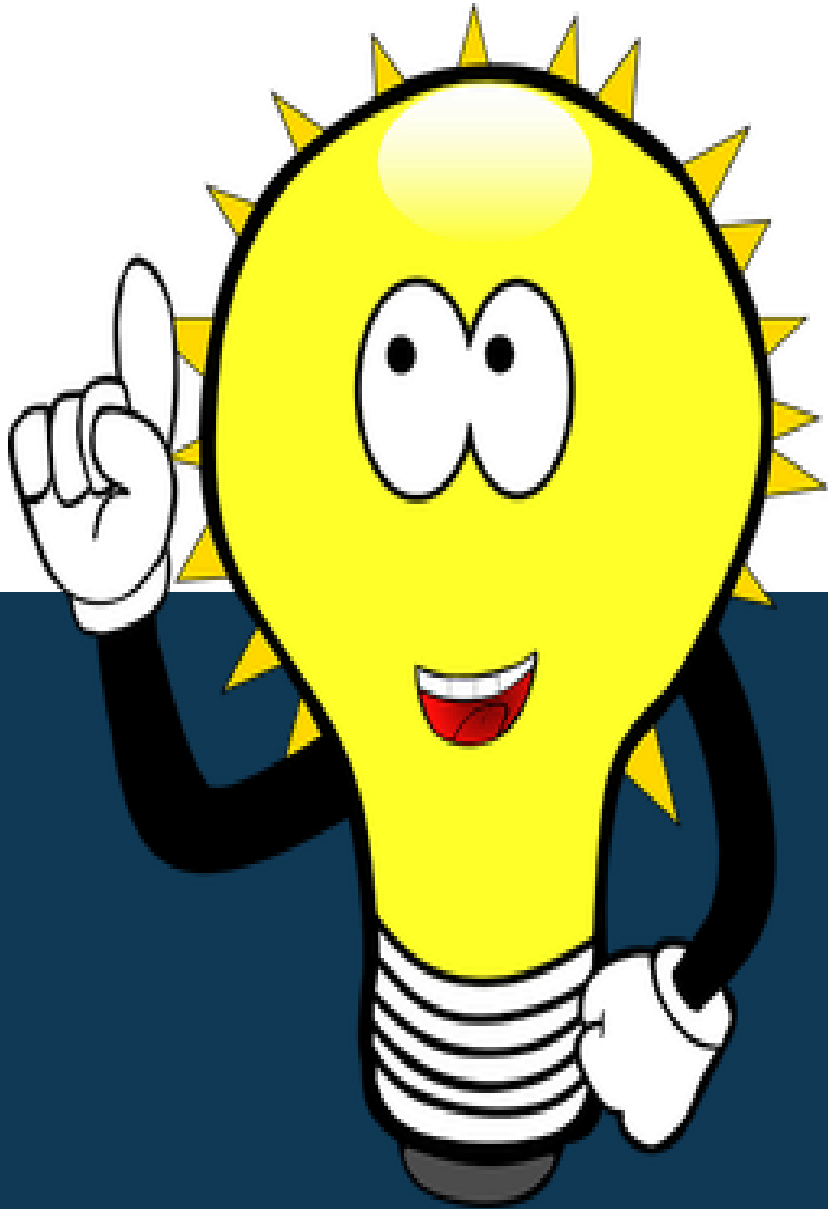Ms. A. New, M.Ed., Library Media Specialist

Source: Common Sense Media

Learning Objectives

- ❑ Explore the role that digital media plays in their lives.

- ❑ Use the Digital Habits Checkup to reflect on the positive and negative impacts of digital media.

- ❑ Create a personal challenge to improve their digital well-being.

Essential Question

What is the role of digital media in our lives?

Vocabulary: Media Balance

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)

Vocabulary: Digital Media

Content (text, audio, images, video) or devices that allow people to share information, communicate, and collaborate over the internet or computer networks
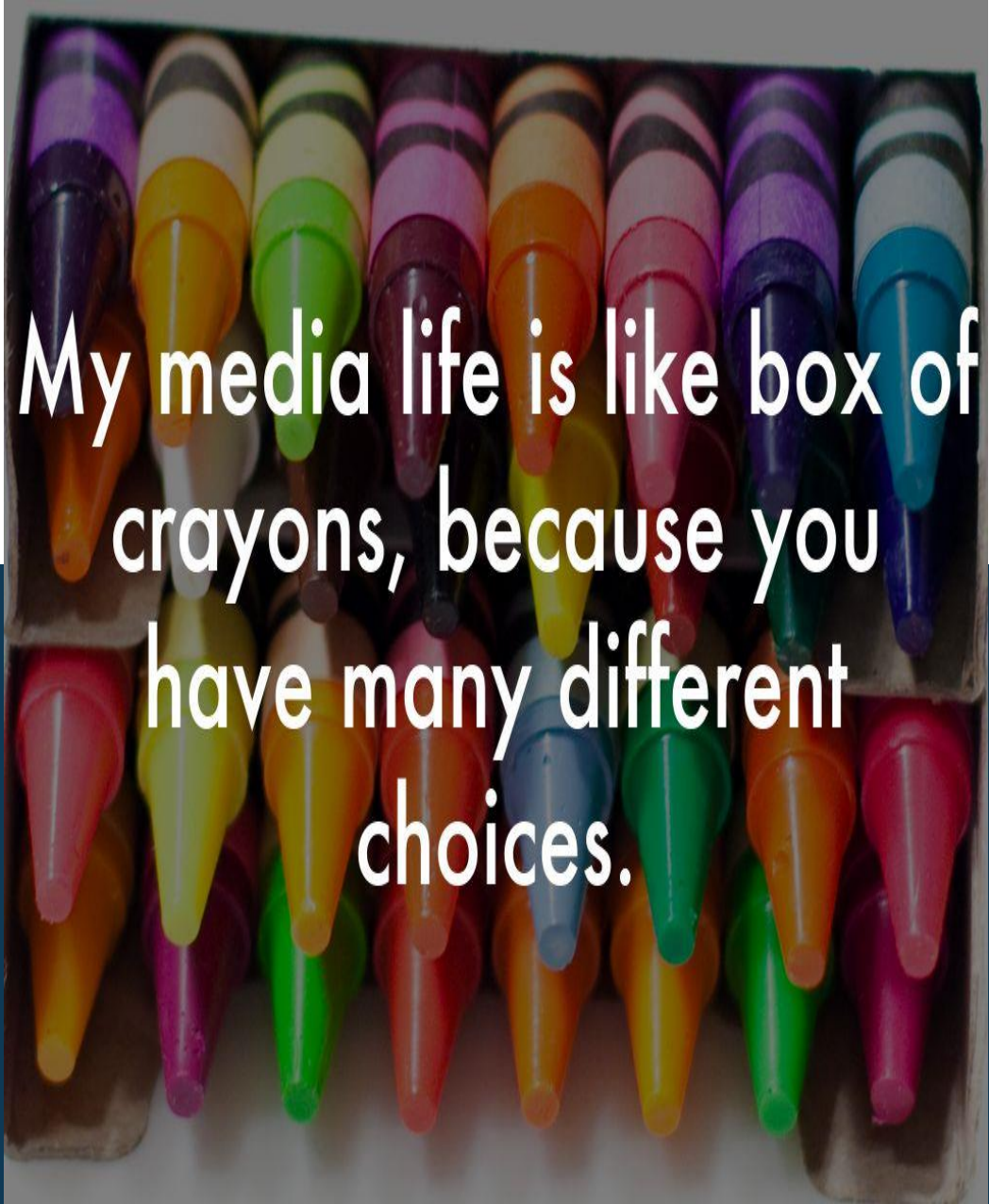
As Cool as a Cucumber!

Vocabulary: Simile

A figure of speech in which comparison is made between two different things using the words "like" or "as"

Digital Life Similes

My digital life is __like__ a window on the world, __because__ it allows me to see all kinds of new things and imagine other possibilities.

My digital life is __like__ a roller coaster, __because__ it's exciting and full of ups and downs.

My digital life is __like__ a party where I meet a lot of different people, __because__ it feels loud, out of control, and yet fun.

Connecting To Your Life: "The Challenge"

Read "The Challenge" By Shayne Williams, from the book *True Connections* (826 National and Common Sense Media, 2019).

Ctrl + Click Here To Read "The Challenge"

Connecting To Your Life: "The Challenge"

➢ *How are your experiences with technology similar to Shayne's? How are they different?*

➢ *Have you ever taken on (or thought of taking on) a challenge similar to Shayne's?*

Shayne, took the challenge presented to him to achieve more balance around technology in his life. He wanted to use media in a way that felt healthy and in balance with other life activities (family, friends, school, hobbies, etc.).

Connecting To Your Life: Checking Your Habits

Digital media *is content (text, audio, images, video) or devices that allow people to share information, communicate, and collaborate over the internet or computer networks. Digital Media use can have positive and negative impacts on our lives. That's why we need to achieve media balance.*

Connecting To Your Life: Checking Your Habits

How can you be more in control of their everyday experiences with digital media?

A Digital Habits Checkup is a thinking routine that helps students identify their media habits and make positive changes that support well-being.

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MY DIGITAL HABITS

PART ONE: CHECK YOUR HABITS

o   What are your current digital habits? Keep in mind that habits can be positive, negative, or both. Brainstorm and list as many of our habits as you can.

o   Next, draw an emoji next to each habit to show how it makes you feel.

MY DIGITAL HABITS

PART TWO: DIGITAL LIFE SIMILE

o   Consider your habits in Part One. Then, using that list of habits, complete the statement below to convey the role of digital media in your life. Remember, a simile is *a figure of speech in which a comparison is made between two different things using the word "like" or "as."*

MY DIGITAL LIFE IS LIKE A _____,

BECAUSE _____.

Connecting To Your Life: Reflecting On Your Habits

- How big a role does digital media play in your life (a little, some, a lot)?

- What are your favorite and least favorite things to do with digital media?

- What are the positive and not so positive aspects of having digital media in your life?

- Share your simile with the class and explain why you chose to create that simile.

PART THREE: A PERSONAL CHALLENGE

o Considering your responses in Part 1 and 2, use the steps below to create a personal challenge.

o Choose one digital habit you want to change or to try to do differently. Why is it important that you change this habit?

o Challenge yourself. Make a plan for how you would like to change your habit. Consider when you will do something different and what you can do instead. (When we're trying to change a habit, it's not enough just to say what we won't do. We also have to come up with something to do instead!)

o Boost your challenge. What are some ways you can give your new habit a "boost" and make it easier to do? If you're trying to break a bad habit, what are some things you can do so that you don't slip back into old ways?
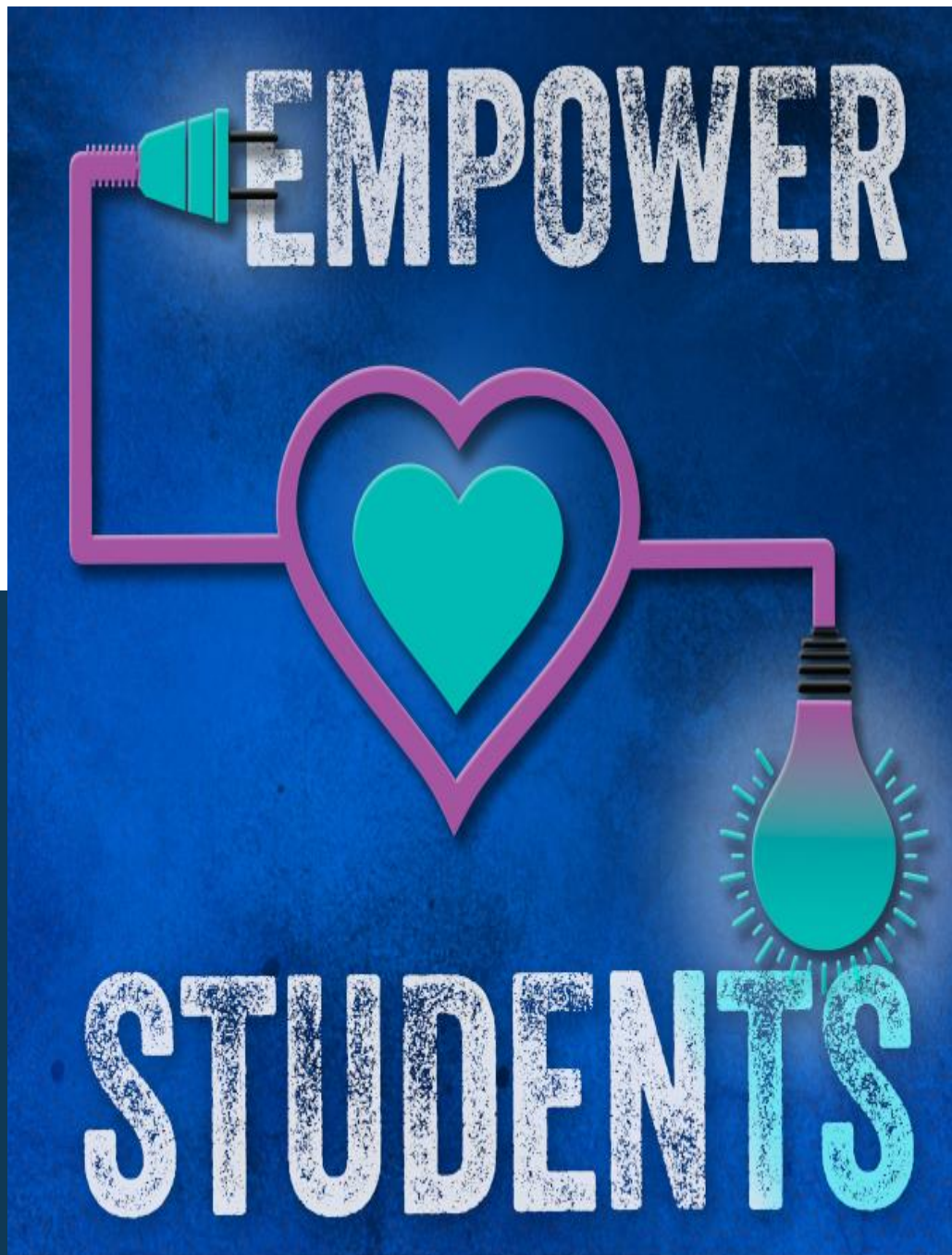
Connecting To Your Life: Empowering You To Own Your Digital Habits

Can you commit to trying your challenge for three days (or one week or one month)? If not, why not? If so, what might get in the way of being successful?

Remember that you should get really specific about potential barriers and ways you can overcome them. For example, if your challenge is not using your phone before bed, think through other ways you might relax if you're having a hard time falling asleep. If you're trying to cut back on TikTok browsing when you're bored, think about what else you might do when you're bored. The goal is to empower you to develop a positive sense of ownership around your digital habits.