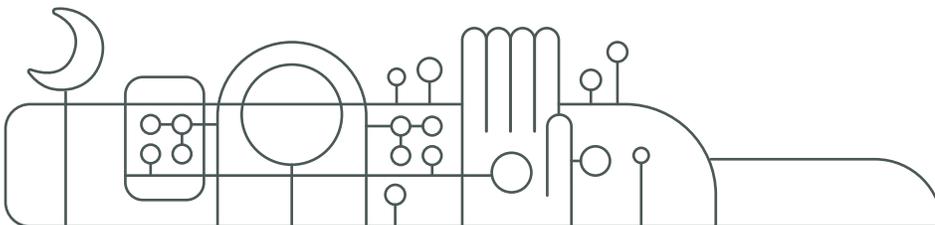


Ignition

Digital Wellness & Safety

Course Outline – 2019 Release

| Lesson | Description | Learning Objectives <i>“Students will be able to...”</i> |
|-------------------------------------|---|---|
| Connections and Community | Tweens and teens have a wide range of online interactions via text and social networks. In this lesson, students will learn how to be part of a positive online community. They'll explore what it means to have a digital identity and how the permanence of online posts can impact them. They'll also differentiate between positive and negative online actions, including cyber-bullying and harassment, and learn how to take steps to avoid digital drama. | <ul style="list-style-type: none"> ○ Differentiate the negative and positive aspects of an online community. ○ Identify methods to engage with others online in a respectful manner. ○ Describe the potential consequences of spending a lot of time online. |
| Safety and Privacy | At age twelve, students self-report the beginnings of high-risk Internet behavior. In this lesson, students will explore how their online actions and decisions can have both short- and long-term impacts on their safety and privacy. They'll learn what it means to have a digital footprint and ways to protect their personal information and data online. They'll also explore how apps and programs can track their location and why and how to keep that private. Finally, they'll receive guidance on how to ask for help. | <ul style="list-style-type: none"> ○ List steps to keep personal information private online. ○ Explain what a digital footprint is and how it's created. ○ Identify when to seek help from a trusted adult. ○ List steps to protect digital data from compromise. |
| Screen Time vs. Offline Time | Research shows that many teens who own a smartphone wish they could disconnect more. But in a world that is increasingly connected online, they aren't sure how to do it. In this lesson, students will learn the benefits of being part of an online community, as well as the need to balance their screen time with offline time. It will explore what happens in the brain when doing different types of online activities, and help students evaluate and address their own digital dependency. | <ul style="list-style-type: none"> ○ Differentiate the negative and positive aspects of an online community. ○ Identify methods to create a healthy balance between online and offline time. ○ Describe the potential consequences of spending a lot of time online. ○ Identify when to seek help from a trusted adult. |
| Technology and Data | Although most students in this age group state high confidence in their ability to protect themselves and their data online, they also admit to actions that compromise the safety of their data, passwords, and personal information. In this lesson, students will learn how to protect their data online, including ways to keep their password safe and how to identify digital threats. | <ul style="list-style-type: none"> ○ List steps to keep personal information private online. ○ List steps to protect digital data from compromise. ○ Identify potential phishing messages and signs of malware. |



| Lesson | Description | Learning Objectives <i>"Students will be able to..."</i> |
|----------------------------|--|---|
| Rights and Literacy | <p>Tween and teen digital media use often outpaces adults, especially in new platforms and technologies, which can leave them vulnerable to digital media dangers. In this lesson, students will explore how to be active, responsible creators in an online world. They'll learn about their personal digital rights (including expression and association rights) and the responsibilities that come with those rights. They'll also learn how to avoid infringing on others' intellectual property and about other restrictions.</p> | <ul style="list-style-type: none"> ○ Differentiate the negative and positive aspects of an online community. ○ Identify and describe digital rights and restrictions. ○ Differentiate between created and curated content. |
| Evaluating Content | <p>Although the media often talks about this generation as "digital natives," research shows that while teens and tweens have grown up with constant online access, they often don't know how to evaluate online resources. In this lesson, students will learn how to confidently evaluate online content, analyzing it for accuracy and perspective. They'll learn how to conduct online searches and how to differentiate good sources from inaccurate ones. They'll also learn how to discern the difference between real news and native ads.</p> | <ul style="list-style-type: none"> ○ Describe how to evaluate content for accuracy and bias. ○ Identify methods to differentiate accurate search results from inaccurate or sponsored content. |