



Website TBC...

LEARNING OBJECTIVES



- 1 **Identify;**
What is Digital Citizenship?
- 2 **Discuss your;**
responsibilities as part of a digital community.
- 3 **Realise;**
viewing content responsibly online is as important as posting content online.
- 4 **Understand how to;**
protect yourself and others online

Digital Citizen

Who are digital citizens?

If you have a smartphone or social media account, use an online educational platform or create digital content, you are a digital citizen.

Responsible digital citizenship can help you have a safer and more satisfying experience online.



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**Ask class - are all members of your family digital citizens?*



Definition



The graphic features a yellow curved shape on the left containing two overlapping circles: a green one with a white lightbulb icon and a pink one with a white heart icon. To the right, a speech bubble contains the text "#HEALTHY SOCIAL MEDIA". Below this, the text "Responsible digital citizenship also means:" is written in blue. Underneath, a bullet point reads "- Behaving lawfully", followed by an explanatory sentence: "for example, it's a crime to hack, steal, illegally download or cause damage to other people's work, identity or property online." In the bottom right corner, a small curved shape contains the text "Healthy Social Media (HOME)".



Responsible digital citizenship also means:

- Behaving lawfully

for example, it's a crime to hack, steal, illegally download or cause damage to other people's work, identity or property online.

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Responsible digital citizenship also means:

- Protecting your privacy and that of others
- Recognising your rights and responsibilities when using digital technologies

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Responsible digital citizenship also means:

- Thinking about the impact of what you do online on yourself, on other people you know, and on the wider online community.

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Responsible Digital Citizenship

Good to know.

Responsible digital citizenship is different from the technical skills you need to use the internet, which is a part of media literacy. It's also different from knowing how to avoid and stop cyberbullying.



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BENEFITS

What do you get out of being a digital citizen?

- Social media helps teenagers keep up with local and long-distance friendships, share experiences and support peers. The culture of sharing helps teenagers feel connected to a larger global community.



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Next

BENEFITS

What do you get out of being a digital citizen?

- Digital citizenship also lets teenagers express themselves by sharing and posting comments, photos and videos.



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Next

BENEFITS

What do you get out of being a digital citizen?

- They can explore who they are and take action on issues they care about by starting or signing online petitions, joining or creating online communities and interest groups, or just by creating content like animations or blogs.



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BENEFITS

What do you get out of being a digital citizen?

- Sometimes the anonymity of the internet can be a bonus – for example, if teenagers want to explore aspects of their identity, or want help with issues they're worried or embarrassed about.



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Next

BENEFITS

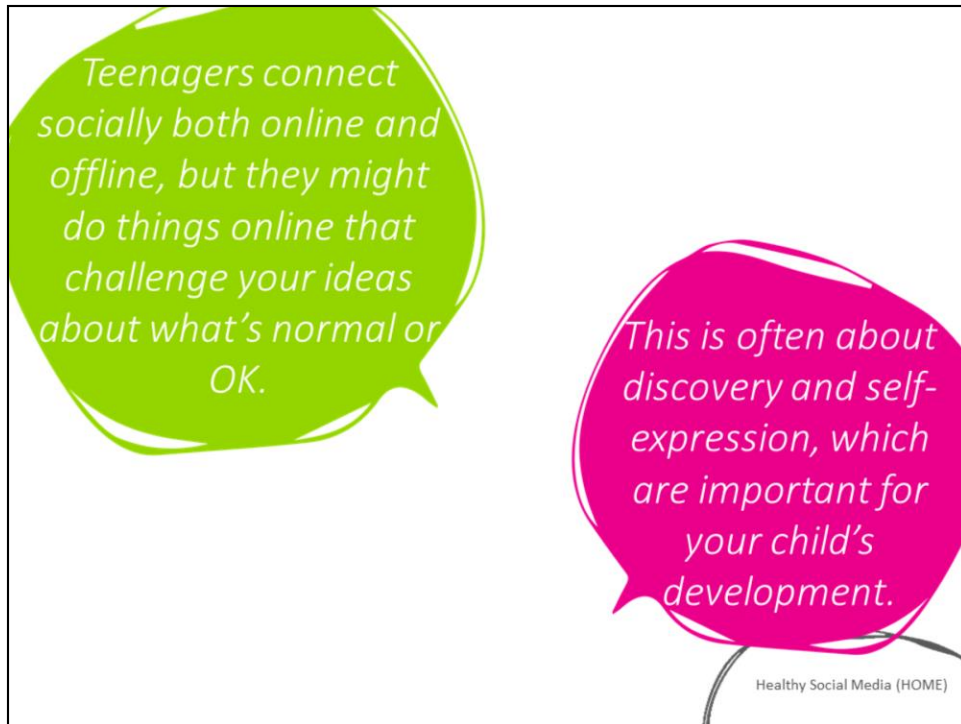
What do you get out of being a digital citizen?

- Finally, the internet gives teenagers good access to news and health information, and many turn to the internet first to find out about themselves and the world.



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**Ask class – Can they think of any more benefits of being a digital citizen?
Prompt online banking, efficiency and convenience*



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Individual Exercise

Can you make a list of what you use
social media for on a daily basis

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**Individual exercise*

Ways of being a responsible digital citizen

- Respect for yourself and other people is important in all relationships, and it's no different when you're online.
- Treat online friends with as much respect as those you meet face to face. Part of this is not creating or forwarding nasty or humiliating emails, photos or text messages about someone else.

Be respectful – and expect respect



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Ways of being a responsible digital citizen

- Tell a trusted adult if you see someone being bullied or attacked online. Young people often try to sort things out for themselves, but it's good to get into the habit of telling if you're worried about something that's happening online. It might help to know that things are easier to sort out when other people help.

Be respectful – and expect respect



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Ways of being a responsible digital citizen

- If you get any nasty or bullying comments on your profile, you should block or unfriend people who don't treat you with respect online. This sends the message that it's not OK to mistreat or bully someone online.

Be respectful – and expect respect



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Respect yourself too

Protect your reputation

-Understand the consequences of posting photos and video, and uploading other personal content. Once this content is online, it's very hard to get rid of and can become part of your permanent online reputation. For example, you might say, 'Some photos and videos might seem OK to you now, but you might feel differently about them in the future and not want people to see them'.



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Respect yourself too

Protect your reputation

- You could agree that you shows your parents posts, images and other content before you uploads them.



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Protect your privacy

There are several ways you can protect your privacy:

- Share only as much personal information as necessary – for example, it's not compulsory to enter your year of birth, mobile number, email address or city on all online forms.



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There are several ways you can protect your privacy:

- Keep privacy settings up to date on social media sites, so your profile isn't publicly available.
- Keep passwords private.
- Check the location settings and services on smartphones, tablets and apps. You can usually do this by going into Settings or checking the instructions for the device or app. Turn off the location services you don't need.

Protect your privacy



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Watch your tone

It's often hard to 'read' emotion in emails, and jokes can easily be misinterpreted. You can 'stop, think, review' before you send an electronic message or posts an online comment. Using emoticons or emojis like smiley faces can help.



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Be sceptical

- There are lots of dodgy people, places and offers online.
- Not everyone online is who they say they are. It's important for you to be careful about what you share with people you don't know.



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Be sceptical

- If something seems too good to be true, it probably isn't true. Hoax-Slayer is a good site that uncovers online scams and hoaxes. If you aren't sure about a site's credibility, ask, 'Whose interest is this in?'. The answer can help you work out what sites and offers are dodgy.



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Be sceptical

- You should also be careful about clicking pop-ups on websites. Some pop-ups that seem safe can lead to porn sites or ask for personal or financial information.



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Top 3 diagnoses on
University campuses

1. Anxiety
2. Depression
3. Stress

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4 stresses of social media

1. Highlight reel

“We struggle with insecurity because we compare our behind-the-scenes with everyone else’s highlight reel.” – Steven Furtick

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**Important slide*



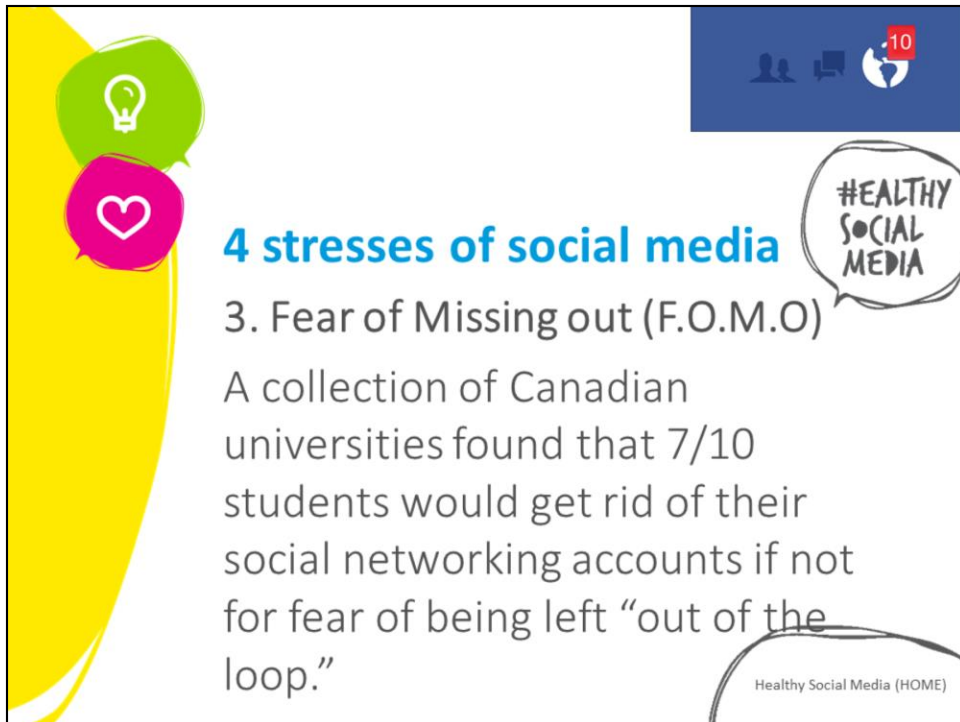
4 stresses of social media

2. Social Currency

Social media likes, comments shares – “Economy of Attention”
– In social media, WE are the product. Have you taken down a photo because it didn’t get as many likes as you hoped?

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**Important slide*





4 stresses of social media

3. Fear of Missing out (F.O.M.O)

A collection of Canadian universities found that 7/10 students would get rid of their social networking accounts if not for fear of being left “out of the loop.”

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**Important slide*



4 stresses of social media


4. Online Harassment

40% of adults have experienced online harassment.

73% have witnessed online harassment

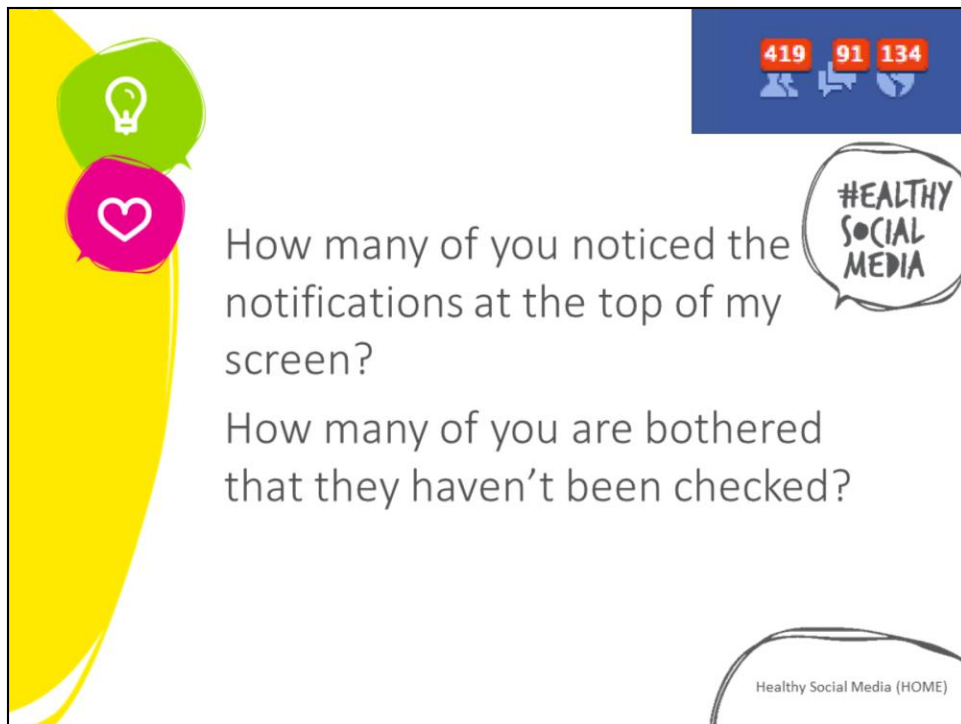
100% of the time, it is worse if you are female, LGBTQ, a person of colour...

Micro moments over time become a macro problem.




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**Important slide*





**Have notifications in the top corner throughout this lesson. Bring attention to them and uncheck them making a point of asking who was it bugging.*



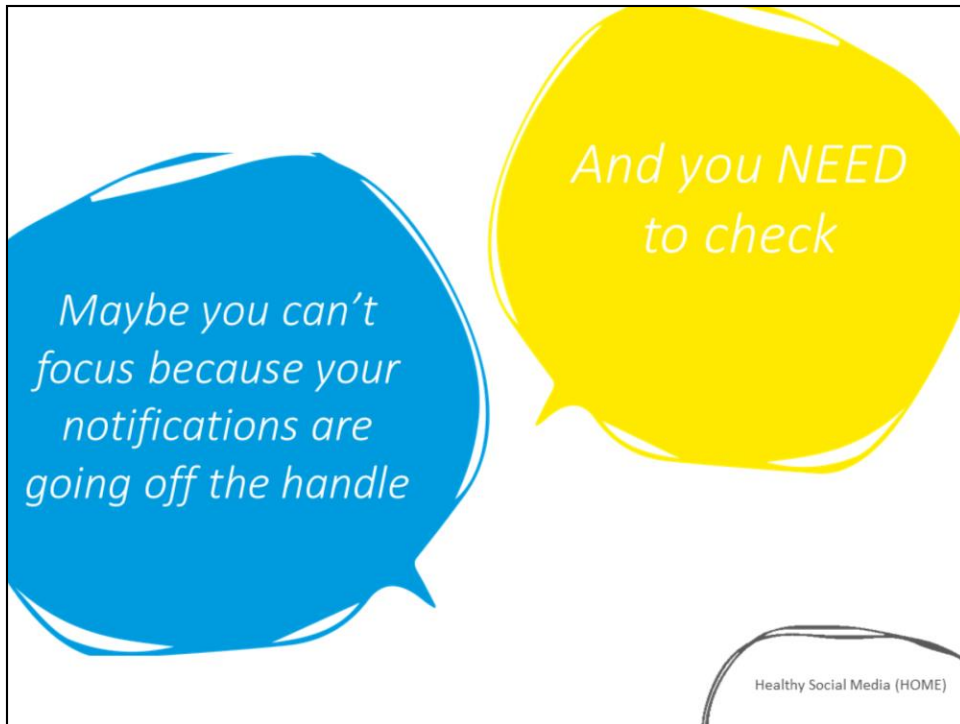
How many of you noticed the notifications at the top of my screen?

How many of you are bothered that they haven't been checked?

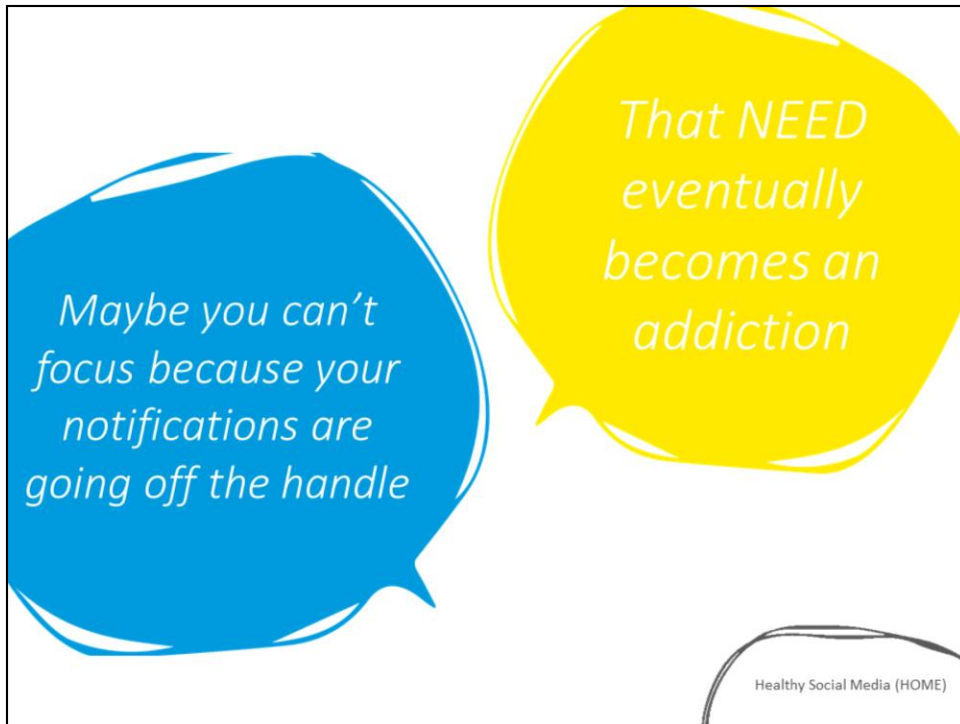


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**Have notifications in the top corner throughout this lesson. Bring attention to them and uncheck them making a point of asking who was it bugging.*



**As is*



**As is*

Addiction

Regarding social media,

we are already experiencing a pyramid similar to substance dependencies

With every like, you get a shot of that feel good factor, dopamine

You gain more of that social currency



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**As the class to think of an example for each. Work in small groups*

Addiction

What do we do to feel good?

- We check likes
- We post
- We are anxious if we don't have access



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**(Doesn't that sound like every drug you've ever heard of)*

Addiction

What do we do to feel good?

When your social media use goes unchallenged over time

That's when we see the rising levels of anxiety and depression

The FOMO, the distraction, the highlight reels, the comparisons.



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**It's a lot and it's all the time*

PRACTICE SAFE SOCIAL

Social media is likable

It isn't going anywhere.
Telling people to spend less time
on it is not the safe teaching
Abstinence is not an option, but
you can 'practice safe social'.

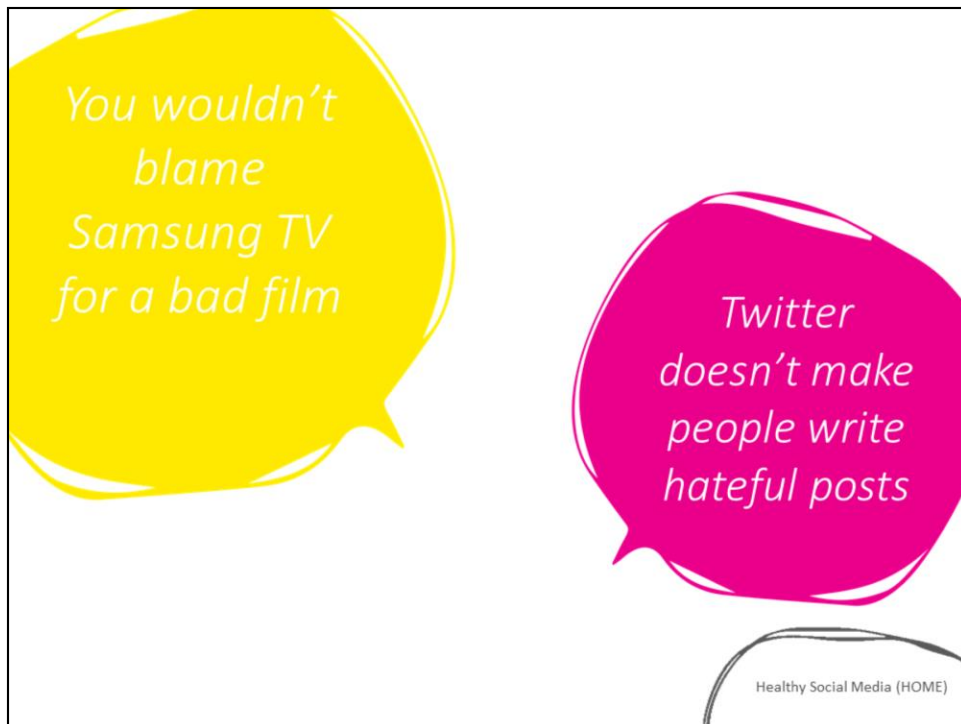


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**We can all monitor our social media use better but as well as that we need to better our use of social media when we are online*



**Ask question – remind class to make necessary changes to keep themselves safe online*



**Highlighting that is not always social media at fault but the way individuals use it*

When we talk about a dark side of social media

what we are really talking about is the dark side of people

- That dark side that makes harassers harass
- That insecurity that makes you take down a photo you were excited to share
- That looks at a happy family and wonders why yours doesn't look like that



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**This dark side is what we
need to focus on**

We need

- Preventative strategies
- Coping strategies

***So when you have your low days
and questioning your self-worth
you won't get as low.***

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**Group exercise – in groups come up with a list of strategies for dealing with the dark side of social media*



Group exercise

In groups come up with a list of strategies for dealing with the dark side of social media.


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**Group Discussion*

4 steps

Social media wellness

1. Recognise the problem
awareness is critical



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**Tips – can you think of any others?*

4 steps

Social media wellness

2. Audit your social media diet

Same as we monitor what goes into our mouth, monitor what goes into your head and heart. Ask, did that Facebook scroll make me feel better or worse off, how many times do I actually check likes, why am I responding this way to that photo. If you aren't happy with the results move on to step 3.



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**Tips – can you think of any others?*

4 steps

Social media wellness

3. Create a better online experience

You don't need to follow all brands and celebs, or you don't need to follow your friends/people you have on Facebook as a courtesy – they may suck online, you could be in the middle of a passive aggressive status war that you had no idea was happening. If you want to follow artists, comedians or cats you can



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**Tips – can you think of any others?*

4 steps

Social media wellness

4. Model good behaviour

offline we are taught not to bully in the playground. Social media is a tool, it can be used for good, for more positive groups, for revolutions.



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**Tips – can you think of any others?*



Is social media hurting your
mental health?

It does not have to

**Social can tear you down, yes
Or you can let it build you up,**

Use it with the aim of feeling
better off after, have an actual
LOL

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**Will you practice healthy social media from now on?*



Think about it

If we only have 24 hours in the day
and 2 are on social media
we want the experience to be filled
with laughs, inspirations and
motivation.

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**Get feedback from the class about what they liked about the entire course.*

Will they change their own social media ways? Will they encourage their friends and family to practice healthy social media?

Thank You

Any Questions?



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