

USING SOCIAL MEDIA WISELY



GRADE 4-6

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Classroom Procedure:

1. Introduce the lesson by asking students to raise their hands if they have a social media account. Then, ask which platform they use. Do their parents oversee the content of their profile? When are they allowed to be on social media? Who are the people on their friend list? Who can see their posts?
2. Distribute *Using Social Media Wisely* content pages. Review and ask several questions as students read the content. According to national statistics compiled by Common Sense Media, 56% of children between the ages of 8 and 12 have a social media account (2018). Many students may have accounts or access to social media, and their parent(s)/guardian(s) may be unaware their child has an account.
3. Distribute the Activity Page. Work in small groups and assist students as they work through the activity page. The Activity is designed to collaborate with other teachers like History or Literature!
4. Distribute the Practice Page. There are two different templates in the file: simple and customizable. Choose which works best for your class and delete the others to avoid confusion.
5. Distribute the Homework Page. Have your students share the responses. Create an anchor chart of the answers and see how many are similar.
6. In closing, ask students if they could be turned down from a college or a job because of their social media profile. (Yes!) Why would colleges or jobs be interested in looking at someone's social media profile and posts? Have they ever felt like someone was cyberbullying them? What was their response? Why is not responding to a cyberbully and reporting the incident better than responding? Why does the author reiterate that "anything you post on the internet is forever?"

Lesson Title: **Using Social Media Wisely**

Subject: **Science**

Approximate Grade Level: **4 – 6**

Objectives: The student will be able to use social media wisely by being aware of its potential consequences and benefits. Students will understand why privacy is an important component of internet use. Students will be more aware that posting or commenting on internet sites creates a permanent record of the event and remains on the internet even though you may believe the posting is deleted.

State Educational Standards*

LB.ISTE.1.2, LB.STE.1.2.B, LB.ISTE.1.2.C, LB.ISTE.1.2.D, and LB.ISTE.1 (International Society for Technology in Education, ISTE)

Class Sessions (45 minutes):

2 – 3 Class Sessions

Teaching Materials/Worksheets:

Content Pages (4), Activity Page (1), Practice Pages (2), Homework Pages (2)

Student Supplies: Internet access, computers

Prepare Ahead of Time: Copies of worksheets

Options for Lesson:

What better way to introduce a lesson on safety on the internet and using social media wisely than to play online games? One of the best-ranked sites is NetSmartz. According to the information provided by the organization, "NetSmartz is an interactive educational program from the National Center for Missing & Exploited Children® (NCMEC). The NetSmartz program offers age-appropriate resources to help teach children how to be safer on- and offline. The program is designed for children ages 5-17, parents and guardians, educators, and law enforcement. With resources such as videos, games, downloadable activities, and presentations, NetSmartz entertains while it educates." You will find the website at <https://www.netsmartzkids.org/>. You can also find other games at Cloud Quest, Safe Online Surfing, Cyber Five, and Band Runner.

*Lessons are aligned to meet the education objectives and goals of most states. For more information on your state objectives, contact your local Board of Education or Department of Education in your state.

Using Social Media Wisely

Social media is a great way to express yourself, feel connected to others, or find out what you are curious about. While some social media platforms let us stay in touch with people and communicate with others who share our interests, there are some important things you need to know before jumping online.



Best Version of Yourself

Sometimes people act differently on social media than they would face to face. Often people feel 'safe' saying things they normally wouldn't because they are online and do not feel responsible for their actions. But it is very important to be accountable for what you say since you never know who will be reading what you post and share. The best way to handle any online comments or discussions is to ask yourself, if your parents or teachers saw it, how would you feel? If it would make you uncomfortable, then you shouldn't post it.

Take A Moment to Pause



Once you hit the post button, you can't change your mind or say 'never mind' what I posted. Remember that while you think something is funny or harmless, it could hurt someone else's feelings. Think about how you would feel if the post was about you. Would it be hurtful or embarrassing in any way? If so, find a different way to express your thoughts. Nasty or mean comments and posts can never be completely deleted, meaning that anyone can read what you wrote from the moment you hit send. So it is best not to post when you are upset. If you are having a problem with someone, it is best to talk to them face-to-face.

Anonymity

People have long believed they could be anonymous or not identified online. This is **not true** as there is no such thing as true anonymity. It's easy to track a post back to who wrote it. Even if you think you are posting anonymously, don't post something you wouldn't want to be attached to your name. The best rule to follow is:

If you are unsure that something you are going to post might be offensive, mean, hurtful, or embarrassing, DON'T post it!

Using Social Media Wisely

Protect Yourself



There are lots of ways to protect yourself online. First, you should only accept friend requests from people you know. Be very cautious if you interact with people online but don't know them IRL (in real life). That includes online games where you often play with people worldwide! Find out as much as you can about someone before allowing them into your circle. Another good rule is never to accept an invitation to meet someone face to face that you met online. Always ask for your parent's permission and tell someone where you are going.

It is best not to post too many personal details online. For example, never post your social security number, address, phone number, student ID, or any passwords online. Also, it is best not to share your passwords with anyone, including your BFF. Be careful about letting your computer save your passwords – just in case! And be sure to log off rather than just exiting out of the browser when you are done online, especially if you use a public computer.



Privacy Settings



Social media platforms automatically set privacy settings when you download them. But you can change the settings and decide who can see your posts, how your information is linked or shared with other sites, and what information is available to the public. Every platform has different setting defaults, so be sure to check and modify all of them as you want. And check them frequently

because the platform can change the default settings without you knowing. However, **it is a myth** that privacy settings protect others from seeing your private information. Data pirates are skilled at stealing information from social media companies, and many companies sell your information about what sites you view to other companies.

Forever and a Day

How long is forever? Once you post something online, it is there forever. Literally, forever. Nothing gets lost on the internet! Even if you think it is gone because you hit the delete button, it remains on servers attached to your account. So you can never guarantee that a post will remain private. Unless you want the world to know, keep it off social media.

Using Social Media Wisely

Cyberbullying

There are many different forms of cyberbullying. Cyberbullying is using technology to hurt or harm other people. While some instances are cyberbullying, others may not be so easy to notice. For example, if someone makes a harmless joke that goes too far and crosses the line to becoming hurtful, is that cyberbullying? The answer is if you post anything that hurts the feelings or offends someone (even if you are joking) is cyberbullying. For example, how would you feel if someone posted an offensive comment or joke about you or someone in your family?



If you or someone you know is being cyberbullied, always report the behavior to an adult. This could be a parent, teacher, counselor, administrator, or even an afterschool program director. Reporting it to a trusted adult will help stop the action and provide you with ways to handle the situation.

If you are being cyberbullied, you mustn't answer the content. If someone sends inappropriate content, block or remove it from your account. You may want to consider taking a screenshot or saving the harassing messages as proof of the behavior. This allows a trusted adult to understand better what is happening. If the behavior is school-related, print the messages and immediately speak with a teacher, counselor, or administrator. Some laws protect you against being harassed online or through social media.

Responsible social media users

- ✓ Be respectful of others' posts, even if you don't agree with them
- ✓ Share information you think others would enjoy or find useful
- ✓ Do not post personal information such as your location, even when you're going on vacation
- ✓ Know all the people you accept into your social network. Be very careful welcoming any random "friends"
- ✓ Maintain the highest privacy settings, but don't always assume they'll work
- ✓ Check out your online presence by Googling yourself
- ✓ Only make positive and affirming comments about others!

Using Social Media Wisely

Responsible social media users avoid

- ✓ Negative comments, posts, or messages
- ✓ Questionable or compromising photos of yourself OR others
- ✓ Offensive jokes, images, or material
- ✓ Overt bragging
- ✓ Highly emotional content, like rants about personal situations or relationships
- ✓ Gossip or sharing posts with others about something you aren't sure is accurate or true
- ✓ Sending links to websites that might be inappropriate for someone else to see
- ✓ Anything that might embarrass you in the future. Remember, posts on social media are on the internet forever.





Instructions: What would Abraham Lincoln's Facebook page look like? Would he have a Twitter account? What pictures would Amelia Earhart have posted? Would Harriet Tubman have tweeted about her journey?

1. Create a realistic profile for a book's historical figure or character.
2. Think critically about their life to create an accurate profile using the link below.
3. The link takes you to the Facebook Classroom Page.

<https://www.classtools.net/FB/home-page>

4. Print a screenshot of your post and paste it into the space below.



Practice

Name _____ Date _____



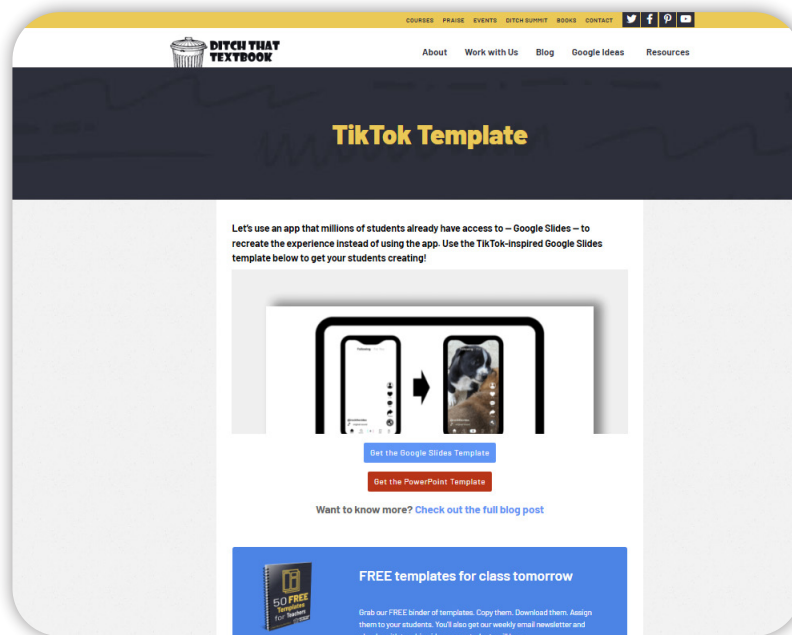
Instructions: We all feel passionate about a cause. Maybe you want to save the rainforest, help the homeless, stop climate change, reduce ocean pollution, or find shelter animals a home. Whatever you feel strongly about – it's time to share it with your peers.

1. Create a 30-second PSA about something you are passionate about using the TikTok template below.
2. Review the TikTok community guidelines here: <https://www.tiktok.com/community-guidelines?lang=en>
3. Template: <https://ditchthattextbook.com/infographic/tiktok-template/>



Instructions: We all feel passionate about a cause. Maybe you want to save the rainforest, help the homeless, stop climate change, reduce ocean pollution, or find shelter animals a home. Whatever you feel strongly about – it's time to share it with your peers. Answers will vary.

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Homework

Name _____ Date _____



Instructions: Open a conversation with your parent or guardian about social media and answer these questions together.

<p>How are you using social media right now?</p>	<p>Why do you use social media?</p>
<p>What's your favorite thing about social media?</p>	<p>What's the worst thing about social media?</p>
<p>What apps do you use? Why do you use them?</p>	<p>Will you show me how one of the platforms works?</p>



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ANSWERS WILL VARY

<p>How are you using social media right now?</p> <p>I use social media to share about my life and interests.</p>	<p>Why do you use social media?</p> <p>I like to see what my friends and family are doing, what's going on in their lives.</p>
<p>What's your favorite thing about social media?</p> <p>I think it's fun. I get to watch funny videos and see what my friends are up to.</p>	<p>What's the worst thing about social media?</p> <p>Sometimes there is stuff I don't like that pops up. I also sometimes feel sad because I want to do what others are doing but can't.</p>
<p>What apps do you use? Why do you use them?</p> <p>I use YouTube and Facebook, mostly YouTube. I like watching the videos.</p>	<p>Will you show me how one of the platforms works?</p> <p>You can upload videos to YouTube to create content for people to watch and comment on.</p>