Navigating Our Digital Lives: Staying Safe, Showing Respect, Being Inclusive (MS & HS)

Student Learning

Here are some tools, activities and ideas to think about to help make your digital experiences fun, engaging, respectful and inclusive for all!

Grade level: Middle School, High School

Learn and Reflect
Overview
In "typical" times, you probably spend a lot of time in digital spaces including social media, gaming, texting, making and watching videos and more. Much of that is positive as you have fun, learn and expand and deepen relationships.

But we all know that online behavior can quickly turn negative, from mean behavior to online harassment, cyberbullying and hate.

During this unprecedented and challenging time, most of us are at home much of the day and are spending more time online than ever before. Explore the resources below to learn more about this issue, and what you can do to make a difference today.

Did you know?
More than one-third (36.5%) of young people ages 12-17 have been targets of cyberbullying over the course of their lifetimes?

Young people face identity-based bullying, assault and harassment based on their appearance, race and ethnicity, gender identity, sexual orientation and religion. Most of this behavior of takes place online and in other spaces where there are no adults around.

Match the words with definitions

ally

An inclination or preference either for or against an individual or group that interferes with impartial judgment.

bias

Someone who speaks out on behalf of or takes actions that are supportive of someone who is targeted by bias or bullying, either themselves or someone else.

cyberbullying

An oversimplified generalization about a person or group of people without regard for individual

Teens, Social Media & Technology 2018

YouTube, Instagram and Snapchat are the most popular online platforms among teenagers.

WWW.PEWRESEARCH.ORG

Data Details
The following data was reported in the 2018 Pew Research Report on Teens, Social Media, and Technology.
This percentage of teens reported they are online almost constantly.

- 25%
- 45%
- 80%

More teens believe social media has a positive effect on people their age.

- true
- false

Watch and Discuss

After watching, reflect on these questions:

- What is your reaction to the video?
- Why does one of the girls stop texting? What does she do?
- What do you think happens next, when the girl opens the door?
- What can you do to act as an ally when something like this happens?

#JustStandUp
Think about this as you watch:

- What is the message of the video?
- What’s your biggest takeaway?
- What ally behavior do you notice?
- What’s one thing you can do when you see bullying or cyberbullying?

Learn More

**Navigating A Digital World**

**Tips for Youth**

**Before going online...**

- **Set Guidelines**
  
  Make some rules together with your family before you go online, like the time of day and length of time you can use technology, and sites and apps you are allowed to use. Don’t bend the rules or use unapproved apps without their permission.

- **Limit Electronic Use**
  
  Be self aware of how often you are on your phone, computer and other electronic devices. Make sure you are keeping a healthy balance between digital and in-

**While online...**

- **Be Respectful of Others**
  
  Consider whether your actions contribute to creating a positive digital community. Don’t write mean things to or about others, spread rumors/gossip or post things that might make others feel unsafe or uncomfortable, even if you mean it as a “joke.” Never share others’ private information, messages, photos or videos without their permission.

- **Be a Positive Role Model**
  
  Model positive digital behavior by writing supportive
Take Action

6 Ways to Be an Ally (en Español)
Six simple things youth can do to be an ally to targets of name-calling and bullying.
WWW.ADL.ORG

Share your Ideas
When you see bias or bullying, there are 6 ways you can act as an ally:

1. Support targets, whether you know them or not.
2. Don't participate.
3. Tell aggressors to stop.
4. Inform a trusted adult.
5. Get to know people instead of judging them.
6. Act as an ally in digital spaces.

Make a commitment to act as an ally next time you see bias, bullying or harassment online.
Describe in the comments below how one of these strategies might look when you use it online.
Learn more at adl.org.