

Week 1—Key Words	Week 2— Media Balance	Week 3— Digital Media & your brain
<p><b>Cyberbullying</b>-Using digital devices, sites, and apps to intimidate, harm, and upset someone</p> <p><b>Media balance</b>-Using media in a way that is healthy and in val-ance with other life activities</p> <p><b>Digital footprint</b>=All the information online about a person posted either by that person or by others, intentionally or unintentionally</p> <p><b>Red flag feeling</b>-When something happens on digital media that makes you feel uncomfortable, worried, sad, or anxious</p> <p><b>Hate Crime</b>-A verbal attack targeting someone because of a group they belong to -- e.g., their race, gender, religion, ability, sexual orientation, etc.</p> <p><b>Cyber Bullying</b>-Using digital devices, sites and apps to intimi-date, harm and upset someone</p> <p><b>Sexting</b>-Digital sharing of intimate images or videos with another person</p>	<p>From phones and tablets to streaming movies and YouTube, tech and media are everywhere. It is also great that you can stay in contact with people so easily. But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. You can keep media and tech use in check by following a few simple practices to create a health media balance .</p> <ul style="list-style-type: none"> <li>● <b>Create screen-free times and zones.</b></li> <li>● <b>Explore built-in digital well-being tools.</b></li> <li>● Notice your feelings, both physical and emotional, during screen and non-screen activities.</li> </ul>	<p>App's, or website that you spend a lot of time all have hu-mane design features. These different features are humanely designed or addictively designed.</p> <p><b>Humanely designed means =</b></p> <p><b>Addictively designed=</b></p> <p>Use the three rules below to help you monitor your behaviour as you use apps with addictive design.</p> <ul style="list-style-type: none"> <li>● <b>Social media</b>-Turn off automatic pushes/alerts</li> <li>● <b>Gaming</b>-Decide how long you will play before you start a game and set a time</li> <li>● <b>Box sets</b>-Take a break do something else before you continue watching</li> </ul>
Week 4— Sexting and relationships	Week 5— Social media and digital footprints	Week 6-Responding to Hate crime
<p>Just like having sex, there's no such thing as risk-free sexting. The biggest risk is messages being forwarded, posted or shared without your consent.. Some risks of sexting include:</p> <ul style="list-style-type: none"> <li>● Permanency: you can't "unsubscribe" a sext.</li> <li>● Blackmail: sexual messages could be used to manipu-late you in the future.</li> <li>● Emotional health: if someone shares your message without your consent, it could affect your mental and emotional well-being.</li> <li>● Physical safety: you could be harassed or bullied.</li> <li>● Getting in trouble: you could be in trouble with your parents/caregivers if they find out.</li> <li>● If you receive a sexual photo/video from someone other than the person who created it, it could be ille-</li> </ul>	<p>As you start sharing content and engaging with others online, it's important for you to understand the tracks you're leaving behind and what those tracks might reveal. You should want to create the kind of footprint they you can be proud of.</p> <p>So what is a digital footprint=All the information online about a person either posted by that person or others, intentionally or unintentional</p> <p>What responsibilities do you have to your <b>self</b> when you use social media? How can you be responsible for your own digital footprint?</p> <ul style="list-style-type: none"> <li>● You can use privacy settings on your apps and devices.</li> <li>● Personal Certain information should be kept private or limited to a small group.</li> <li>● Think about what information you feel comfortable sharing and why.</li> </ul>	<p>We all need to think critically and use technology responsibly so we can learn, create and become model digital citizens. We need to stand up to cyberbullying and stop digital drama whenever we can. But sometimes it can feel hard to be an upstander, so it's good to have a plan. When we see digital drama/cyberbullying or know it's happening, we have a choice -- we can be bystanders or upstanders. Being an upstander might mean re-ponding directly to the bully or it might mean doing something else to support the person being bullied. If we're worried about what others might do when we stand up to a cyberbully, it can help to talk through some possible situations to feel prepared.</p> <ul style="list-style-type: none"> <li>● <b>Make sure you understand what cyberbullying is: repeated and unwanted mean or hurtful words, or behaviour that occurs online (through texts, social media posts, online chat, etc.).</b></li> <li>● <b>If you feel like they might have trouble removing themselves from digital drama, experiment with some different ways they can make a graceful exit. Talk through words they can use and ways they can steer conversations in positive directions, etc..</b></li> <li>● <b>Encourage upstanding.</b></li> <li>● <b>Let children know that supporting a friend or acquaintance who</b></li> </ul>