TABLE OF CONTENTS

LEAVING FOOTPRINTS: BULLYING, TEXTING AND OTHER DIGITAL MEDIA SAFETY

1. Lesson Plans are structured to be used for one-four class periods: total class/advisory periods used: 40-60 (depending on how you split your sessions and activities).
2. Lesson Plans include teacher instructions and activities to facilitate for students.
3. Administrator buy-in is crucial for success!
4. All Lesson plans contain 4-20 external links teachers, counselors or coordinators can access for additional activities.
5. All Lessons include YouTube video links: Please make sure that you PREVIEW these as they may or may not be appropriate for your school and/or community.
6. Handouts may be furnished electronically or printed and given to students.
7. Plans may be revised or modified to fit the needs of each school or district.
8. Coordinators or administrators need to make sure that all lessons and activities align to the district’s bullying, harassment or social media regulations or policies.
9. One of the most reported activities that go along with these lessons is school-created. Many schools have reported that they have made student-produced videos to go along with each topic; they have had a student/teacher committee to add, revise and revamp lessons to fit the needs of the school; they have had special assemblies to highlight topics included in the lessons.

FOLDER:

1—Harassment

Lesson Plan

Handout 1

Pledge to be Kind

Educators Guide to Preventing Harassment

2—Conflict resolution

Lesson Plan

Handout 1

Handout 2

Handout 3

Teacher Resource 1

3—Bullying

Lesson Plan

Bullying Assessment Checklist

Do You Bully? Checklist

Bullying Checklist

Handout 1

Handout 2

School Bullying Handbook with checklist (in both word and PDF formats)

4—Breaking the Cycles in Life

Lesson Plan

Handout 1

5—Problem Solving

Lesson Plan

Problem Solving Scenarios/Role Plays

Role Playing Scenarios for Problem Solving

Handout 1

Handout 2

6—Anger Management

Lesson Plan

Handout 1: 10 Anger Management Tips for Kids and Teens

Handout 2: False Beliefs About Anger

Handout 3: Anger Activity and Channeling it

7—Hold ‘em or fold ‘em friendships

Lesson Plan

Teacher Resource 1

Handout 1: Friendship Buddy Bingo

The 13 Essential Traits of a Good Friend (article for discussion)

8—Stereotyping

Lesson Plan #1

Additional Lesson Plan #2

Teacher Resource 1” Labeling Activity

Article on Stereotyping

Labeling and Stereotyping Activity

Handout: Ways to Stop Labeling People

Article: Why we Harshly Label People

9—What’s in a Label?

Lesson Plan

Activity: Labeling People

Activity: Labeling People

10—Taking Responsibility for Actions

Lesson Plan

Teacher Resource 1: Exercise: Internal versus External Locus of Self-Control

Activity: The Blame Game

Additional Lesson Plan: Taking Responsibility for one’s actions

11—Rumors and Reputation

Lesson Plan

Handout 1: Activity—Hit and Run

Handout 2: Activity and Discussion: How to Stop Rumors

Teacher Resource/Additional Lesson: Standing up for Ones Reputation

PowerPoint: Rumors and Reputation

12—Starting with a Clean Slate

Lesson Plan

Activity: Developing a Goal Board

13—Making Good Friends

Lesson Plan

Handout 1: Classroom Activities to Help Students make Friends

Handout 2: Let’s Be Friends Additional Activities

Additional lesson Activities: Making Good Friends

Handout: How to Make Friends in Middle School

14—Cyberbullying

Lesson Plan

Handout 1—Booklet Cyber Cool in the Middle

Handout 2: Cyberbullying

Handout 3: Cyberbullying Computer Activities

Handout 4: Broke Friendships

Activities and Role Plays

15—Internet Safety

Lesson Plan

Four (4) additional plans for Internet Safety

Handout 1: Internet Safety Tips for High Schools

Handout 2: Internet Safety Tips for Teens

Handout 3: The Dangers of Oversharing

Handout 4: Internet Tracking

16—Digital Footprints

Lesson Plan #1

Lesson Plan #2

Lesson Plan 1 and 2: Digital Footprint Activity

Handout 1: Digital Footprint Resources

Handout 2: Parent Tips for Middle School Students

Handout 3: Post to be Private

Handout 4: Profile Penalty

:

Handout 5: Follow the Digital Trail

Handout 6: Plan your Digital Footprint

Handout 7

17—Peer Pressure

Lesson Plan

Handout/Activity #1:20 Ways to Avoid Peer Pressure

Handout #1: Statistics on Peer Pressure

Handout #2: Effects of Peer Pressure

Activities: Peer Pressure Bag of Tricks

Activities: 4 Activities for Peer Pressure Avoidance

18—Facebook, Instagram, Social Media

Lesson Plan #1

Lesson Plan #2

Handout #1—Snapchat

Handout #2—Facebook Privacy

Handout #3—Facebook Safety

Handout #4—Social Media Tips

Handout #5—Instagram Guide

19—I’m Getting Kinder Every Day: Developing a mindset for acts of kindness

Lesson Plan

Handout #1--20 Easy Random Acts of Kindness

Handout #2—50 Random Acts of Kindness for Kids

Handout #3—100 Acts of Kindness for Kids

Lesson 20--I’m a Leader with My Peers

Lesson Plan

Handout: Teacher Resource for Teen Leaders

Manual for Being a Teen Leader