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