# Grade 8 | Unit 3

# **Lesson 9: Using Social Media Mindfully**

# **GUIDING QUESTION:**

What are 3 ways to be mindful of your social media use?

# **Lesson Objectives**

Students will complete the following exercises to answer the lesson's guiding question.



Learn: Using Social Media Mindfully Video Lesson



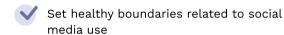
Discuss: List 3 good things that come from using social media mindfully.

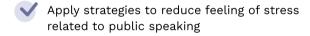


Reflect: Using Social Media Mindfully Activity

# **Student Objectives**

After completing Unit 3, students should be able to:





- Demonstrate cooperation and teamwork to promote group effectiveness
- Identify the characteristics of a leader
- Analyze how one's behavior may affect others

### **Competency and Standard**

#### **CASEL Competency**

· Social Awareness - The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

#### **Learning Standard and Benchmarks**

- · Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
  - Evaluate strategies for preventing and resolving interpersonal problems
  - Define unhealthy peer pressure and evaluate strategies for resisting it

# **Key Terms**

Mindfully

Intentional

Prevalence

Self-Monitor

# **Community Engagement**

#### **Unit Theme: Community**

Being a part of a community plays a large role in a person's life. When people come together to support each other, they can make a bigger impact in the place that they live.



Have a class discussion on what it means to be a part of a community.



Then, brainstorm different ways your class could serve their community throughout the duration of this unit (e.g., volunteer at a community organization, organize a canned food or clothing drive, host a fundraiser, etc.).

