

Lesson 9: Using Social Media Mindfully

Grade 8 | Unit 3

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:

- ✓ Set healthy boundaries related to social media use
- ✓ Apply strategies to reduce feeling of stress related to public speaking
- ✓ 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.).