



## DIGITAL FUTURES INITIATIVE

Enclosed is the outline and objectives of the in-class lessons for Digital Futures Initiative. The lessons contain 21st Century Learning utilizing formative, interim and summative techniques along with embedded rich media and associated activities.

The Outline:

### **Program: Digital Citizenship**

6th Grade - Growing App Socially, Share With Care

7th Grade - Part 1, Digital Life Begins with Send

7th Grade - Part 2, Digital Life Begins with Send

8th Grade - Part 1, Digital Culture Today vs Tomorrow

8th Grade - Part 2, Digital Culture Today vs Tomorrow

9th Grade H.S. - Changing the Standards of Digital Life

### **Program: Relationships**

K-6 Grades - Friendly Faces Fake Us Out

6th Grade - Relationships Get Ready for Teen Years

7th Grade - Part 1, Be the Change, Be the Difference, Be Kind

7th Grade - Part 2, Be the Change, Be the Difference, Be Kind

8th Grade - Part 1, Recognizing Abuse & Creating Healthy Relationships

8th Grade - Part 2, Recognizing Abuse & Creating Healthy Relationships

9th Grade H.S. - Be Emotionally Ready

### **Program: Substance Unit**

6th Grade - Gateway Drugs

7th Grade - Part 1, Tobacco, Alcohol, Marijuana & Vaping

7th Grade - Part 2, Tobacco, Alcohol, Marijuana & Vaping

8th Grade - Reality of Marijuana

9th Grade H.S. - Use & the Brain Will Lose

### **Program: Distracted Driving**

High School Program for Teens



## Program: Digital Citizenship

### 6th Grade - Growing App Socially, Share With Care

- Gain an understanding of how to be a positive peer on social media via devices
- How to be a good digital citizen, use privacy settings & be kind online
- To learn six encouraging tips on being digital smart
- Gain knowledge of cyber bullying, predators online, and sexting
- Understand what an online predator is and how fast they can find someone
- Being aware of how someone might be influencing how you feel
- Become aware of what your devices do share
- Demonstrate understanding through facilitated discussion and activities

### 7th Grade - Part 1, Digital Life Begins with Send

- Activity: Understanding emotional intelligence & sends are permanent
- Learning balance between device & face-to-face creates emotional intelligence
- Understanding how to become Super on Social Media & branding your business
- Gain an understanding of cyber bullying, sexting & pornography behaviors
- Applying the change to be a difference in the digital & real world
- Demonstrate understanding through facilitated discussion and activities

### 7th Grade - Part 2, Digital Life Begins with Send

- Activity: What are you doing on your device & social media?
- Recognize what you read, view or construct online may not be what it seems
- Understand the subtle signs of digital grooming & predatory behaviors
- How to prevent & protect yourself from being groomed with real site demonstrations
- Understand tactics used by predators to gain information
- Introduction & understanding of exploitation & human trafficking
- Learn importance of emotional intelligence & limiting device use
- Understanding being victimized is not a crime & how to seek help
- Participate in activities and discussions to confirm understanding
- Demonstrate understanding through facilitated discussion and activities

### 8th Grade - Part 1, Digital Culture Today vs Tomorrow

- Activity: Learn to perceive facial expressions & emotional intelligence
- How to combat cyber bullying
- How pornography rewires a brain leading to sexting, sextortion & human trafficking
- Laws within your state
- Learn digital practices to put into place with privacy settings, geo locate services & webcams
- Learn digital assessment tests to better your online behaviors
- Demonstrate understanding through facilitated discussion and activities



### **8th Grade - Part 2, Digital Culture Today vs Tomorrow**

- Kids are inherently awesome with the proper digital guidance it can happen there too
- Emphasis needs to shift to emotional intelligence over academics
- Learning to build empathy via self-awareness & self-regulation
- How to discover & achieve true happiness
- Digital branding steps to create a positive online image
- Learn how sites exploit children's feelings
- Learn to conduct your own fact checking as you read online material
- Balance & moderation brings intelligence & well-being
- Multi-tasking affects a persons speed, productivity, accuracy, critical-thinking & efficiency
- Be ethical, show restraint & protect your digital footprint
- Be quick to listen not to speak or judge
- Demonstrate understanding through facilitated discussion and activities

### **9th Grade H.S. - Changing the Standards of Digital Life**

- Be careful to judge others
- Understand digital longevity, LIKES & less is more
- How to make your digital life better
- Understanding what you are reading & motives behind posts
- What does social media interactions have you doing?
- Understanding destructive behaviors of cyber bullying, sexting, sextortion, human trafficking
- Creating balance between digital and real life brings about emotional awareness
- Learning to share with care
- Demonstrate understanding through facilitated discussion and activities



## Program: Relationships

### **K-6 Grades - Friendly Faces Fake Us Out**

- Gain understanding between friendly and unfriendly people and how they look and act the same initially
- Learn who to look for if they are lost
- Discover what and who a trusted adult might be
- Be asked to discuss this topic with parents and 'find four' trusted adults in their lives
- Be asked to practice different scenarios to gain a better understanding
- Observe actual kids being put into difficult situations
- Learn some of the tricks and traps predators use to manipulate them
- Be provided safety tips to keep them out of harm's way
- Discover what to do if someone attempts to use physical force.

### **6th Grade - Relationships - Get Ready for Teen Years**

- Recognize why F.R.I.E.N.D.S. are important and how they influence us.
- Recognize how a person is steered in the wrong direction
- Define peer pressure, bullying, cyberbullying and harassment.
- Understanding the difference between bullying and conflict
- Gain understanding of the laws of harassment and <Your State> law (CO is Kiana's Law (cyberbully law))
- Understand what to do if targeted by a bully
- Recognize ways to stop cyber bullying
- Demonstrate understanding through facilitated discussion and activities

### **7th Grade - Part 1, Be the Change, Be the Difference, Be Kind**

- Understand how kindness changes relationships following the acronym
- Be the change in your emotional intelligence
- Understand why teens make wrong turns in relationships
  - Teasing role in going to far
  - Peer labeling, cliques or social group influences
  - Exclusion or social outcast
- Recognizing types of bullies, victims of bullies & when to step in
- How to be more than a bystander and use random acts of kindness to make a change
- Understand Harassment or (local laws) & Sexual Harassment differences
- Demonstrate understanding through facilitated discussion and activities

### **7th Grade - Part 2, Be the Change, Be the Difference, Be Kind**

- Participate in group discussion on flirting and hurting, and awkward flirting feelings.
- Flirting miscues or harassment?
- Understand the process of grooming a victim in a dating relationship
  - Two stages of grooming used to manipulate victims
  - Risky behaviors by victims
- Understand boundaries, emotional and physical
  - Establishing strong boundaries
- Demonstrate understanding through facilitated discussion and activities
- Participate in group scenarios involving relationship issues



### **8th Grade - Part 1, Recognizing Abuse & Creating Healthy Relationships**

- Defining teen relationship abuse & how teen relationship abuse looks, sounds and feels
- Why we discuss relationship abuse
- Define subtle signs of abuse - emotional
- Define visual signs of abuse - physical
- Video scenario's - students will work through defining, assessing, handling and avoiding abusive situations like these examples
- Learn the three stages of abuse
- Recognize media's impact on abuse
- Define 'blinded by love'
- Learn potential criminal violations surrounding dating violence
- Demonstrate understanding through facilitated discussion and activities

### **8th Grade - Part 2, Recognizing Abuse & Creating Healthy Relationships**

- Participate in a group discussion on consent and mutual expectations
- Discuss how drugs change consent & how to resolve unwanted advances
- Gain an understanding on how to develop and manage positive connections
- Learn the qualities it takes to have a healthy relationship
- Learn the importance of being YOURSELF during a relationship and loving you first
- Gain an understanding of effective communication using "I" statements
- Demonstrate understanding through facilitated discussion and activities

### **9th Grade H.S. - Be Emotionally Ready**

- Create understanding of healthy teen relationships & being emotionally ready
- The importance of ASKING for Consent before intimate space is obtained
- Pornography's role in changing teens perceptions on relationships
- Device technologies role in today's relationships
- Provide stats on unhealthy peer interactions
- Importance of being yourself, standing up for yourself & perform acts of kindness
- Review dating violence
- Keys to prevention of unhealthy relationships & dating violence.
- Key terms to change...three E's Empower, Enlighten and Empathize in a relationship
- Demonstrate understanding through facilitated discussion and activities



## Program: Substance Unit

### 6th Grade - Gateway Drugs

- Progression of why kids use drugs: Fit In; Feel Good; Forget Feelings
- Understand why kids believe legal equals harmless
- How kids are targeted - primarily vape pen issues
- Gain an understanding that using legalized drugs may change your life
- Gain an understanding of criminal charges for drug use
- Understand options to using drugs, how to stand up to peer pressure
- Demonstrate understanding through facilitated discussion and activities

### 7th Grade - Part 1, Tobacco, Alcohol, Marijuana & Vaping

- Separate myths and truths of tobacco, vape pens & marijuana
- Recognize how the brain is affected by the use of marijuana
- Current laws pertaining to tobacco and marijuana abuse:
  - Possession or Consumption of Tobacco
  - Possession of E-cigarettes/Vaping
  - Possession of Drug Paraphernalia
  - Possession of Marijuana
  - School Suspension or Expulsion
- Identify ways to avoid tobacco and marijuana.
- Demonstrate understanding through facilitated discussions and activities

### 7th Grade - Part 2, Tobacco, Alcohol, Marijuana & Vaping

- Participate in group discussion on the impacts of alcohol on the brain
- Recognized that their attitudes, beliefs and knowledge about alcohol abuse may be different than those of their peers
- Identify areas where their understanding of substance abuse is incomplete or incorrect
- Recognized the importance of being more informed about alcohol & BAC levels
- Current laws (adjust to your state or city laws) pertaining to alcohol offenses
- Learn information that will enable them to make decisions to help them stay healthy
- Identify resources available to assist in the treatment and prevention of substance abuse
- Demonstrate understanding through facilitated discussions and activities

### 8th Grade - Reality of Marijuana

- Gain knowledge about the emerging marijuana products and their effects
- Gain understanding on why kids use drugs
- Examine their own attitudes & beliefs on marijuana
- Understand that just because something is “natural” does not mean that it is safe (GMO) Genetically Modified Organism
- Understand the change in the high THC levels of today create more unknown concerns
- Understand the laws as they relate to marijuana & drug abuse
- Gain understanding of addiction
- Discuss how drug abuse can be prevented in their community
- Demonstrate understanding through facilitated discussions and activities



### **9th Grade H.S. - Use & the Brain Will Lose**

- Retain knowledge from previous years on the 3 F's to why kids use
- Gain knowledge about several drug products and their impacts on the teen vs adult brain
- Recognize that these drugs are addictive
- Examine their own attitudes about drug use and discuss the benefits of drug abstinence
- Understand that drugs make you feel good because they mimic brain chemicals
- Discuss how drug abuse can be prevented in their community
- Demonstrate understanding through facilitated discussions

## **Program: Distracted Driving**

### **High School Lesson - Driving: A Responsibility Not A Right**

- Different types of distracted driving
- Teens responsibilities behind the wheel
- Recognize the statistics of teen driving & role of distractions play in those stats
- Observe real victims to distracted driving incidents
- How to avoid distractions and focus on the road ahead
- Discuss laws and how they vary state to state
- Demonstrate understanding through facilitated discussions and activities

## **Program: Parent Academy**

### **Parent Education in Topics DFI Cover**

- Digital Citizenship how to achieve it for your child
- Importance of developing your child's emotional intelligence
- Teaching balance & moderation through good role modeling behaviors
- What your children are doing through their phones and via the internet
- Handouts provide: AppSavvy, Parental Controls & Hidden/Vault/Ghost Apps
- Steps to being a good digital native parent
- Other topics covered to upon request Substance's abused & teen relationships today