BOOK CREATOR

The Kindness Book

Let's hear from An!

common sense

STORY TIME

Pause & Think Online

YOUR RINGS OF RESPONSIBILITY

HEART's **Online Friendships**

BOOK CREATOR

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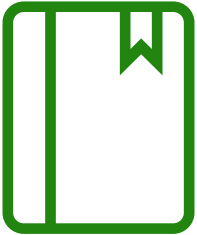
Use these digital books to re-familiarize students with important digital citizenship topics – and practice their reading skills!
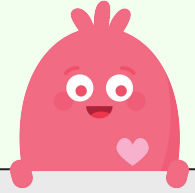
Have students remix these books to add their own perspectives, knowledge, and creativity!

Let's hear from Lisa!

Thinking Traps

You will rotate between two breakout rooms (20min each) to complete the following lessons:

Thinking Traps- lesson slides

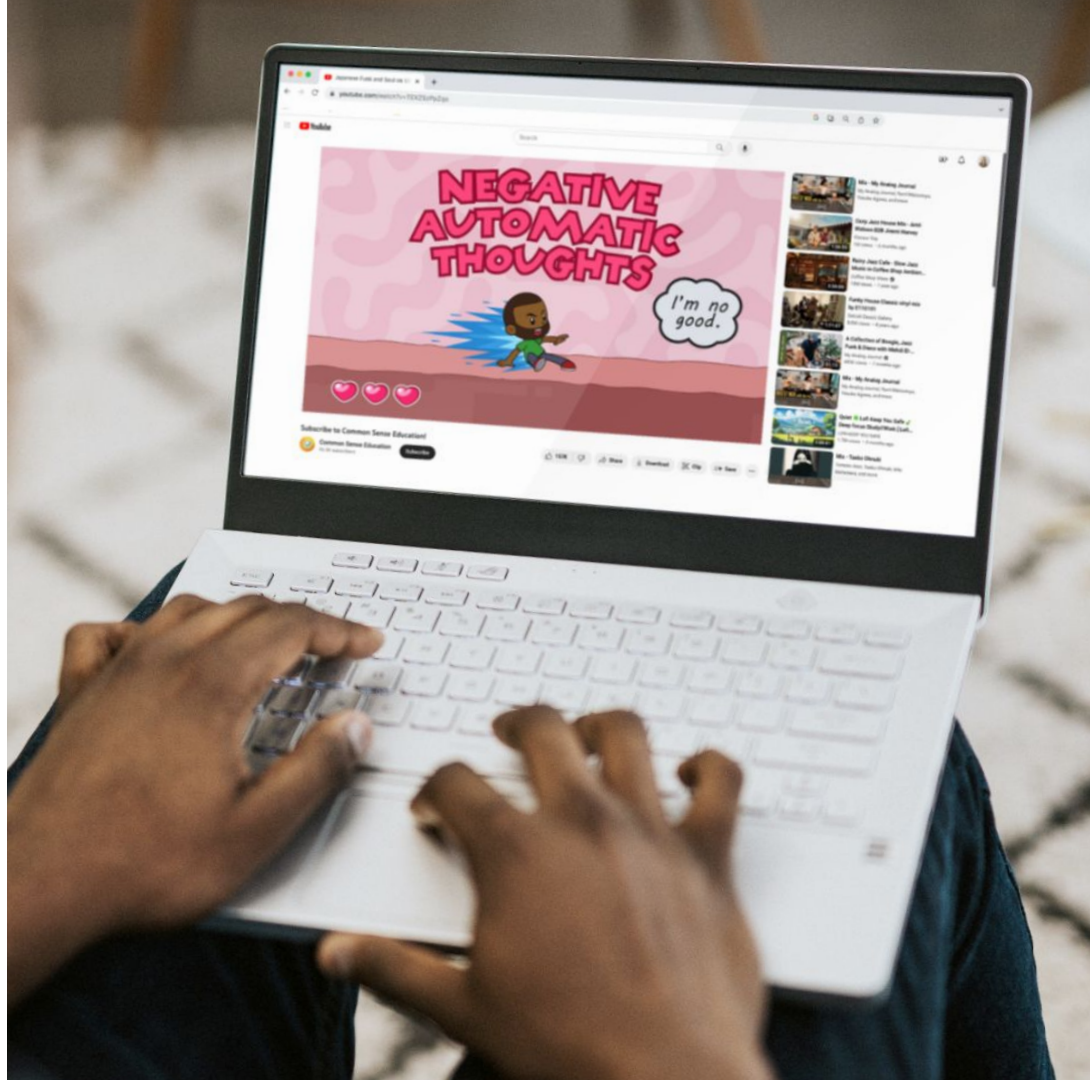Values & Tech- lesson slides

Tech Habits Challenge - Whole group

digital Citizenship Week

common sense education + CENTER FOR DIGITAL THRIVING

Thinking Traps

common sense education + CENTER FOR DIGITAL THRIVING

My Values & Tech

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FigJam

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Thinking Traps

All-or-Nothing Thinking
When you make big generalizations. (Keywords: all, always, never, none, everyone, nobody, etc.)

Labeling
When you use negative labels for yourself. (Keywords: "I'm a…" followed by a negative word.)

Mind Reading
When you assume you know what someone else is thinking or feeling.

Shoulds
When you think about what you "should" (or shouldn't) do or be like. (Keywords: should or shouldn't.)
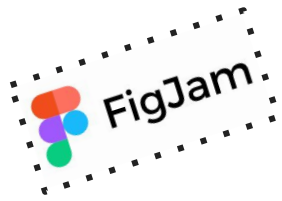
Negative Filter
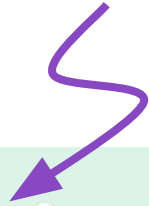When you focus only on the negatives.

Personalizing
When you put the blame on yourself or assume something is about you.

Fortune Telling
When you assume you know what's going to happen, and it's going to be bad!

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Which thinking traps do you think are most important to learn about before someone gets a phone?

Add a post it message with advice to someone struggling with your top Thinking Trap:

FigJam

Take social media breaks... dont go on an app for a week and see the difference in how you feel.

Lisa Highfill

Think about all of the things you are good at. Or ask a trusted person for help.

Asha Boyapati

Recognize when you have negative thoughts about your social media presence, and try to re-direct your thought process and counteract those bad thoughts.

Gabriella Veksler

what is another possible interpretation of what could be happening?

Anne Johnson

1. Don't "should" on yourself.
2. Try asking yourself TRUE? FALSE? I DON'T KNOW?

Kurt Richey

Take a break from the thing that is annoying you.

Connor Buscho

Rarely are things as bad as you think they are.

Most things can be fixed.

Kurt Richey

Don't be negative to yourself about being online

Gianna Buscho

Dont worry what people are saying to you online.
• Prince Nandi

Lisa Highfill

Remember that you can never please everyone. If you are trying to make assumptions about your friends, meet them in-person instead to chat.

PERSONALIZING
Assess the situation objectively. By doing this, you'll realize you aren't at fault.

Christopher Haga

Remember that everyone else also has a life outside of the phone, so maybe they are busy at the time. It's also important to think about other's feelings. Maybe they are feeling sad and unmotivated to do things.

Cielle Hanrahan

Remember that you can't please everyone on the Internet, and mean people do exist.

Noor Kaakati

Remember that our thoughts are not always accurate. Someone might be thinking something different than what you think they are thinking.

Eshal Nekaien

Go see a therapist.

Abigail Wong

Take some time to think before doing anything

Michael

Take a break and Consider the evidence, to help yourself move away from a negative bias or from all or nothing thinking.
Then reframe the thought to be something more helpful to you in the moment.

Don't worry what people are saying to you online

Prince Nandi

Blaming yourself for every situation is only doing harm - Try to forgive yourself and be compassionate. NOT everything is about YOU. Don't blame yourself for circumstances beyond your control.

Jaya Ramani

Your life is too short to spend it trying to make others happy. Do what makes you feel happy!!

If somebody is giving negative comments to you find comment that contradict the negative one.

Authenticity
being myself, being genuine, knowing who I am

Balance
being intentional about my time and focus

Connection
building and keeping close relationships, being there for friends and family, making new friends

Emotional Health
accepting myself for who I am, mental health, self-confidence

Gratitude
appreciating the life and things I have

Hard Work
striving academically, taking steps toward my future career

Independence
thinking for myself, making my own decisions

Justice
standing up for what is right and fair

Kindness
being considerate, helpful, and caring—to myself and others

Open-Mindedness
willing to consider new ideas, listen to others, learn and grow

Physical Health
taking care of myself physically, including sleep, food, and movement

Presence
being present in the moment, giving people my full attention

Privacy
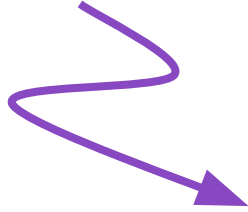having boundaries, respecting others' boundaries, protecting myself

Spirituality
leaning into my faith, spirituality, and/or enlightenment

What value would you add?

Student Votes

to vote for the values you think tech supports or makes easier. You have 5 votes and can use them however you want.

to vote for the values you think tech makes harder or worse. You have 5 votes and can use them however you want.

Authenticity
being myself, being genuine, knowing who I am

Balance
being intentional about my time and focus

Connection
building and keeping close relationships, being there for friends and family, making new friends

Emotional Health
accepting myself for who I am, mental health, self-confidence

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Missing something important to you? Add it here!

FigJam

Sharing their personal challenges

What is one tech habit you want to change or start doing differently? What do you hope will change by this new behavior?

I want to stop using my phone between the hours of 10pm-7am. Im hoping it will help me sleep better.

Lisa Highfill

I want to stop comparing myself and my body to other people on social media.

Asha Boyapati

I want to watch less youtube and Tiktok.

Prince Nandi

Refuse to access my phone when talking to other people in person.

alittle

A habit I want to change is to stop using it randomly between breaks (by that I mean just scrolling on Youtube) and actually use it intentionally when I have breaks.

I will delete unnecessary apps that take up the majority of my time on the phone

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It's helpful to come up with something else to do instead of the old habit. What do you want to do instead of your usual habit?

I hope to read paper books or listen to music OR SLEEP instead of doom scrolling!

Lisa Highfill

I will work on school work, read, or hang out with my friends and family.

I should be proud of myself and possibly spend time becoming a narcissist? (Its a work in progress)

Asha Boyapati

I want to be creative by building legos and drawing.

Prince Nandi

Recognize when I am using it unintentionally and redirect that by doing something productive (like research on an interesting topic or an educational lesson)

Are there any other tricks that could help you with your habit challenge?

I will rethink leaving my phone next to my bed and possibly put it downstairs to charge for the night.

Lisa Highfill

When I look at myself start thinking of how proud I am of how far I've come.

Asha Boyapati

Find some good motivating physical activity videos that work for you and use them to boost your physical health

alittle

Do more extra curricular activities and go to the park.

Prince Nandi

Use my phone for productive purposes that can benefit me.

Add a screen time widget on my home screen to show how much I use my phone.

Books that introduce digital citizenship

K-2

BLACKOUT
JOHN ROCCO

THE COUCH POTATO
From the #1 New York Times Bestselling Team
JORY JOHN and PETE OSWALD

Nerdy Birdy
TWEETS
STORY BY Aaron Reynolds   PICTURES BY Matt Davies

Dot.
Randi Zuckerberg   ILLUSTRATED BY Joe Berger

Pause for People

Media Balance is Important
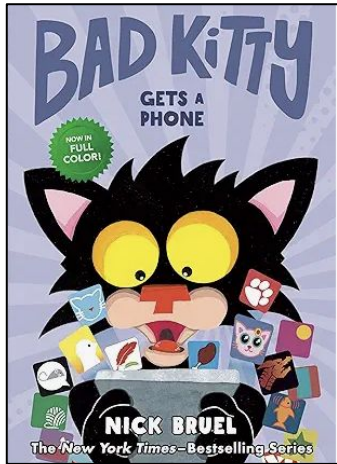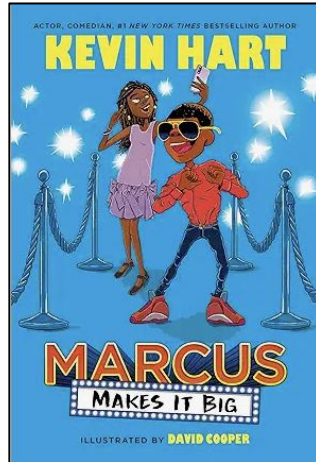
Pause and Think

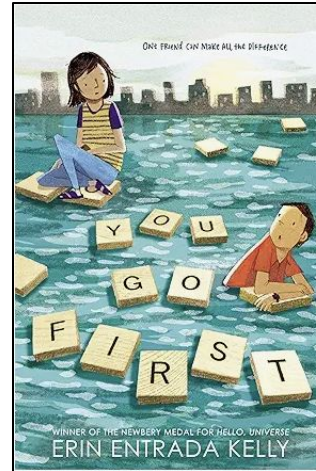How Technology Makes You Feel

Books that address digital literacy

Rings of Responsibility

This is Me

Keeping Games Fun & Friendly
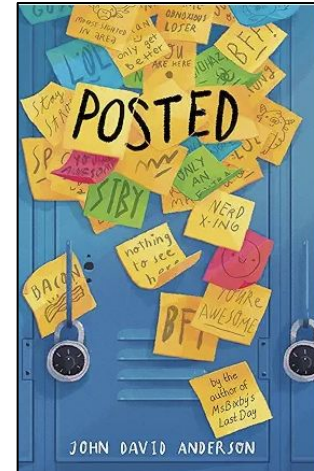
Is it Cyberbullying?

Books that address digital wellbeing

6-12
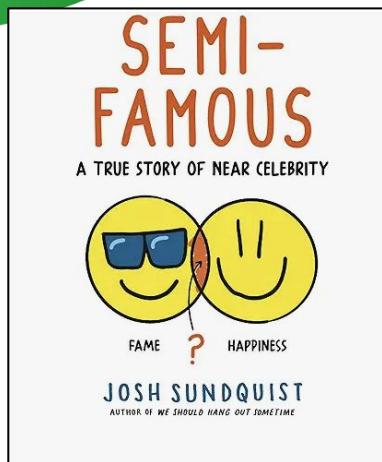
Who Are You Online?
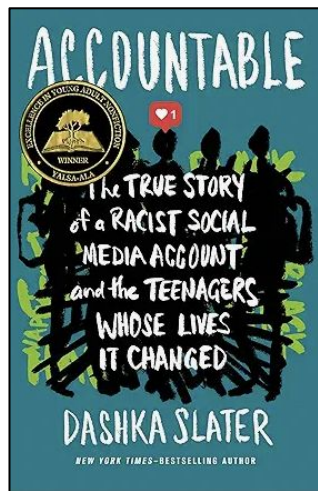
Responding to Online Hate Speech
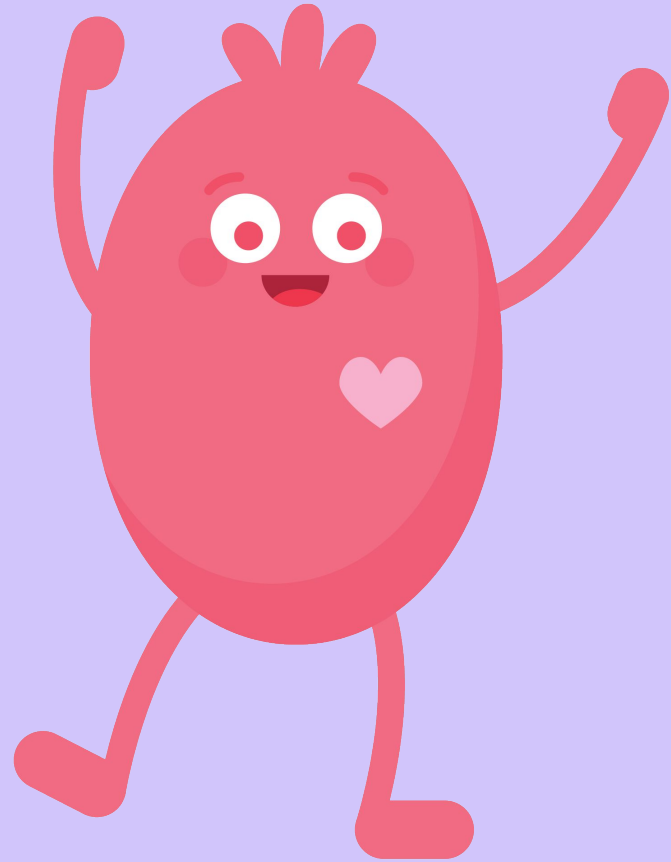
Curated Lives

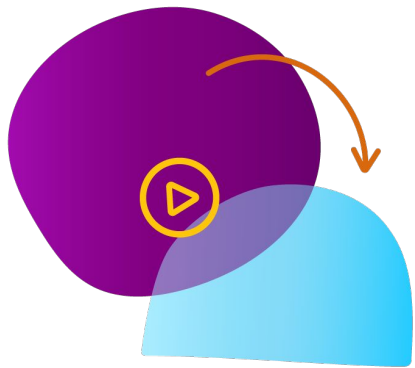commonsense.org/education
Shareable with attribution for noncommercial use. Remixing is permitted.
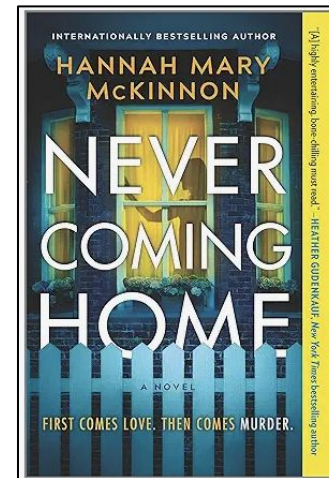
common sense education®

We know the power of words & actions.
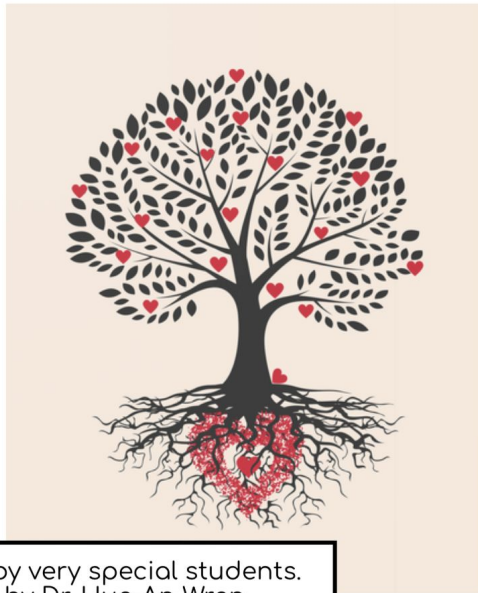
MEET THE DIGITAL CITIZENS VIDEO SERIES

Meet *Heart!*

The Kindness Book: A schoolwide collaborative book that shares all the kind things we do.

STUDENTS CULTIVATING KINDNESS

A compilation of ways to be kind.

Written by very special students.
Curated by Dr. Hue-An Wren

Anthony 5-23-22

How to show Kindness

I can show kindness online by not chatting in the chat box without permission.

I can show kindness by encouraging others.

I can show kindness by playing with someone who is sad.
I can show kindness online by look at the speaker and listen.