



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Etiquette

**Level:** Middle School (5-8)

**Area of Focus:** Digital Tattoo/Footprint

**Materials Needed:**

- Link below
- Paper
- Pencils or Pens

**Big Idea** (What should students remember after the lesson?):

- Understanding the impact of social media on a digital footprint. One's digital tattoo or footprint is permanent like a regular tattoo. Students need to know that what they do online is permanent and follows them. Your digital tattoo builds your image and the perception you put out to others.

**Mini-Lesson/Content:**

- <https://www.common sense.org/education/digital-citizenship/lesson/the-power-of-digital-footprints>

[Common Sense lessons require a login to access it. The account is free, you can use your Google Suite account or create your own free account.]

**Further Resources/Extending:**

The Change You Want to See -

- <https://www.common sense.org/education/digital-citizenship/lesson/the-change-you-want-to-see>