



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: Middle School (5-8)

Area of Focus: Fear of Missing Out (FOMO)

Materials Needed: No additional materials

Big Idea and The Why (What should students remember after the lesson?):

- Students concerns of being excluded (FOMO) or not receiving likes is a chronic concern of social media usage

Mini-Lesson/Content:

- <https://www.commonsense.org/education/digital-citizenship/lesson/my-social-media-life>

[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:

- <https://wosu.pbslearningmedia.org/resource/brain-ready-for-social-media-above-the-noise/brain-ready-for-social-media-above-the-noise/#.XicKIShKiM8>