



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: Middle School (5-8)

Area of Focus: Peer Support: See Something, Say Something

Materials Needed: Link below

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

- Help equip students with ways to support one another with issues of tech addiction, self-harm or unhealthy behaviors through modeling and speaking out.

Mini-Lesson/Content:

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

[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://www.commonsense.org/education/digital-citizenship/lesson/digital-media-and-your-brain>