



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-being

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

**Area of Focus:** Self-Identity: Obsession on Digital Appearance

**Materials Needed:**

- Link below
- Blank Paper

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

- People's lives are not perfect like they appear on social media. Educate students on being yourself and understanding what they observe from others may not be realistic lifestyles

**Mini-Lesson/Content:**

- <https://www.commonsense.org/education/digital-citizenship/lesson/who-are-you-online>

[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/can-media-be-addictive>