
Adolescent Health Daily Outline

Lesson 4/Day 4:

Lesson Summary

Students begin this lesson by watching [this video](#) about the impacts of social media on self-image and mental health. After a brief review of the video, students learn about how to use social media in a healthy manner by learning to be S.M.A.R.T:

S – Safety: Using the safety features on a device such as privacy settings, blocking and reporting harmful content, and following the safety guidelines on apps and sites that are being used

M – Monitor: Monitor activities by limiting screen time and making time for the real world

A – Avoid: Avoid posting or sharing hurtful comments that bully, harass, or harm others

R – Remember: Remembering that nothing is totally private on apps and to not share personal information online

T – Tell: Tell a trusted adult if they are being bullied, harassed, or in any situation that makes them feel uncomfortable

Students also learn about how social media posts can impact their future, how to identify catfish, and the signs of digital abuse, cyberbullying, and human trafficking.

Home Activities

Students will have the option to complete one of these social media research tasks:

1. Writing down 3-5 facts about cyberbullying and digital abuse from the Centerstoneteen.org website
2. Write three key indicators that someone is being trafficked from the DHS.gov Blue Campaign Human Trafficking website
3. Talk about the importance of their digital footprints with a trusted adult and write down three things they have to say about it

Conversation Starters

How can you determine if an online profile is safe or not?



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