



MYSOCIALIFE: CRITICAL THINKING MODULE

TEACHER PACK: EXTRA RESOURCES TO USE

What's included in this module?

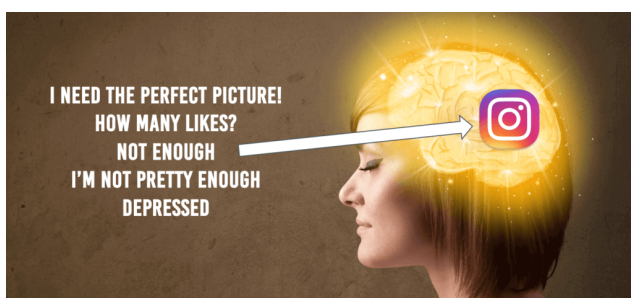
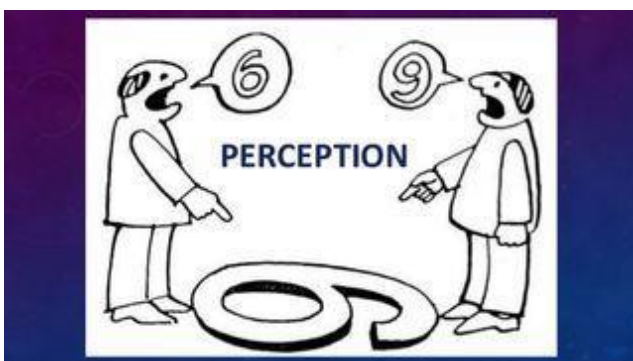
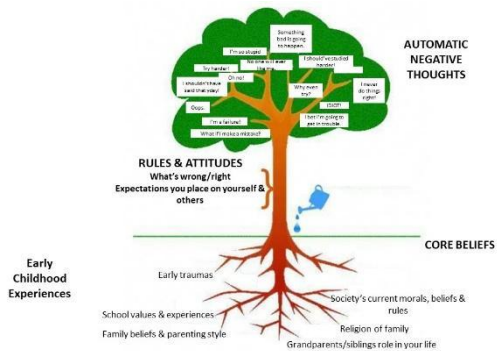
- Lesson Plan & Discussion topics
 - Ways to explore and reflect on the content and concepts of the module.
 - Ways to engage with them about their personal experiences and opinions around the topic.
- Extra Resources For Teacher (**this document below**)
 - a. Additional images, videos and articles to illustrate the concepts covered in this module.
- Quiz for learners
 - a. Assessing if they understood the content and concepts of the module.

Extra Resources

- Common Sense Media has great online resources for teachers, including posters, videos and lesson ideas around digital citizenship:
<https://www.commonsense.org/education/digital-citizenship>
- Helpful links:
 - The importance of understanding other people's perspectives/empathy – you don't always know what someone else is going through – it's important to try understanding things from other people's perspectives:
 - <https://www.youtube.com/watch?v=nZC4mXaosxM&feature=youtu.be>
 - <https://www.youtube.com/watch?v=aU3QfyqvHk8&feature=youtu.be>
 - <https://www.youtube.com/watch?v=SolGBZ2f6L0&feature=youtu.be>
 - A perfect example of the need to acknowledge other people's perspectives:
<https://www.youtube.com/watch?v=gYH0D52fXe8&feature=youtu.be>
 - The importance of non-verbal communication as told by Friends cast:
<https://www.youtube.com/watch?v=OvEci5Bjgd4>
 - The one sided nature of life online:
 - <https://www.commonsense.org/education/videos/teen-voices-who-are-you-on-social-media>
 - Mindfulness:
 - A great video of the benefits:
<https://www.youtube.com/watch?v=kk7IBwuhXWM>
 - <https://www.youtube.com/watch?v=mjtfyuTTQFY>

- <https://www.youtube.com/watch?v=w6T02g5hnT4>
 - how mindfulness empowers us
 - <https://www.youtube.com/watch?v=vzKryaN44ss>
 - <http://mindfulnessforteens.com/resources/videos-mindfulness/>
 - <https://positivepsychology.com/mindfulness-for-kids/>
 - <https://www.youtube.com/watch?v=awo8jUxlm0c>
- o How social media companies are racing for your attention (High School)
 - <https://protectyoungeyes.com/snapstreak-addiction-why-teens-cant-put-snapchat-down/>
 - o How big tech companies are manipulating the way we think (High School)
 - <https://www.youtube.com/watch?v=d6e1riShmak#action=share>
 - o How filter bubbles work and how to get out of them – it's a bit political, so may not be super relatable for the students (High school)
 - <https://www.facebook.com/bbcnews/videos/10154746974487217/>

● Images:



The Dopamine Reward Loop

