

# 7th GRADE: BULLYING

## LESSON 2 OVERVIEW

# Your Digital Footprint



### Lesson Time:

30 Minutes

### Materials Provided:

- Video: "[Oversharing](#)" (3:30)
- Video: "[Teen Talk on Cyberbullying](#)" (5:14)
- Handout: "Oh the Places You'll Go" (printed one per student)
- Lesson Slides [Download](#)

### Materials Needed:

- Projector with Video/Audio Capability

### Objectives:

Students will be able to...

1. Define Digital Footprint.
2. Describe different ways you can leave your digital footprint.
3. Explain various reasons people may share inappropriate pictures.

### Overview:

*In this lesson you will discuss digital footprint. Students should be able to define the term digital footprint as well as give real life examples of their digital footprint. Students should be able to identify the importance of reviewing potential remarks before posting online.*



# Your Digital Footprint

## Lesson Introduction: (1 minute)

When you walk through grass, along the beach, or on a trail, what do you leave behind? Footprints. The same is true for when you are online. Do you realize the places you go, the things you like, things you share, and what you post can be traced back to you? The trail of data you create when you are online is your digital footprint. As you begin to have phones and more online access, consider what your social media or profiles really say about you. There are children who have gotten in a lot of trouble, students who have lost scholarships, and adults who have lost jobs because of their posts online.

## Core Lesson:

### Slide/Handout



1

### Lesson Script/Talking Points

## Activity #1 Slideshow, Video Discussion, and Notes (14 minutes)

### Slide 1

There are many things that create your digital footprint, not just the posts you share on Snapchat or Instagram. Let's look at a few of them. *(Read the words as they pop up on the screen. After "Your Digital Footprint" appears, ask students if they can think of any more terms related to their digital footprint.)*

### Slide 2

"Oversharing" (3:30) <https://www.common sense.org/education/videos/teen-voices-oversharing-and-your-digital-footprint>

What were some of the main points of this video? *(Allow students to share)*. It's important to realize that there are different reasons people post things that they know they shouldn't share, but the consequences are very serious and can be permanent. Do not let other people pressure you into doing something that you can not take back.

You don't have to share everything on social media. One girl in the video asked, what do you want people to remember you as? That's an important question. You've created a "profile," which means you literally signed on and agreed that this is the image you want people to have of you. There may be things that can not be undone, so be careful. Before the internet and social media, people could grow up and live down their mistakes. Some of them could even be hidden, but online activity can not be hidden.

### Slide 3

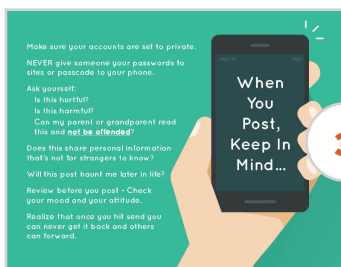
As more of you are using sites that are public, we need to go over some internet safety. *(Read aloud and discuss as class directs.)*

1. Make sure your accounts are set to private.
2. NEVER give someone your passwords to sites or passcode to your phone.
3. Ask yourself:
  - Is this hurtful?
  - Is this harmful?
  - Can my parent or grandparent read this and not be offended?
  - Does this share personal information that's not for strangers to know?
  - Will this post haunt me later in life?
4. Review before you post - Check your mood and your attitude.
5. Realize that once you hit send you can never get it back and others can forward.

### Slide 4



2



3

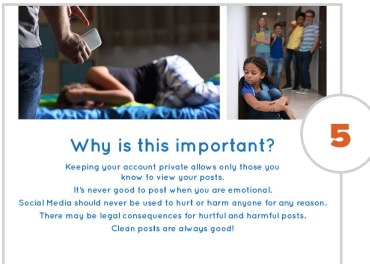
# Core Lesson (cont)

## Slide/Handout



## Lesson Script/Talking Points

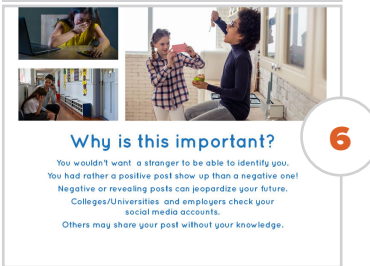
What do you think a toothbrush has to do with our topic today? *(Allow for response.)* Treat your password and your image like your toothbrush. You don't want to share your toothbrush with others, and your password should be the same. Also, would you put your toothbrush in the toilet? Why not? *(Allow for discussion.)* Keep your image out of the toilet too!



## Slide 5 and 6

Why do you think it matters what you post online? *(Allow for discussion. Encourage students to be vocal about what they have seen online.)*

Obviously, your digital footprint makes an impression on your friends and has an impact on every single person who sees it, but it even follows you into your later teen years as well as into the job force. Did you know that according to Immunize.net 75% of companies have formal policies that require their recruiters to do online research when screening candidates for a position and 70% of US recruiters and hiring managers have rejected candidates based on information found online. People really do follow your image and make judgement about who you are based on what you post. It's important to make those images positive ones.



## Slide 7

Jamari Terrell Williams was a young boy, only 10 years old, who took his own life after students were targeting and bullying him. Now a state law has been named after him. You need to be fully aware of your impact on other people. Now the Jamari Terrell Williams Act is an anti-bullying law that applies to bullying off campus and specifically pertains to cyberbullying! The things you post online are eligible for punishment at school and even by law enforcement.



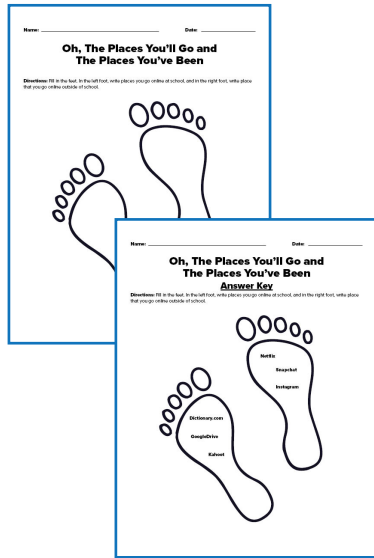
Many people use their screen as a way to hide and behave in cowardly ways. Sometimes people think they are being funny, but many of them are actually engaging in bullying behavior. This is never ok. The effects can be devastating. If you have ever done any of these things, they would be considered bullying and are punishable at school even if it took place off campus or online.

If you have done any of the following, these are examples of bullying.

- Repeatedly called someone names?
- Reposted a picture of someone without their permission, allowed cruel comments, or shared people's pictures with the intent to embarrass?
- Used your size to intimidate or threaten others?
- Made fun of people you perceive as different?
- Made fun of a person's culture or religion?
- Laughed at someone because they have a disability?
- Said unkind things about another person's weight, hair color, skin color or clothes?

# Core Lesson (cont)

## Slide/Handout



## Lesson Script/Talking Points

- Damaged or destroyed someone else's property?
- Spread rumours about someone?
- Said nasty things about someone behind their back?
- Excluded someone from your group on purpose?

Reference: Bullies Out

<https://bulliesout.com/need-support/young-people/are-you-a-bully/find-out-if-you-are-a-bully>

## Activity #2: Handout: Oh the Places You'll Go and the Places You've Been (8 minutes)

When Slideshow has been completed distribute handout "Oh, The Places You'll Go and The Places You've Been." Give students 5 minutes to complete the worksheet listing the sites they visit while at school and off campus. Then have students turn and discuss with a neighbor where their footprints have taken them.

## Closing: Essential Question & Video (7 minutes)

**What is your digital footprint, and how can you protect yourself?**  
(Allow for responses.)

## Slide 8

YouTube Video "Teen Talk on Cyberbullying" (5:14)

<https://www.youtube.com/watch?v=adV0rxAdJV8>

Source: PACER Center | National Center on Bullying Feb. 8, 2017.



What is your digital footprint? (Allow students to respond.)

What did you learn from the lesson and the video that can help you protect yourself when you are online? (Allow students to respond. Answers may include the key ideas of: protecting your password, not oversharing, never bullying, not visiting sites that may be unsafe.) Just remember that unlike your actual footprint, your digital footprint keeps growing your entire life!

## References:

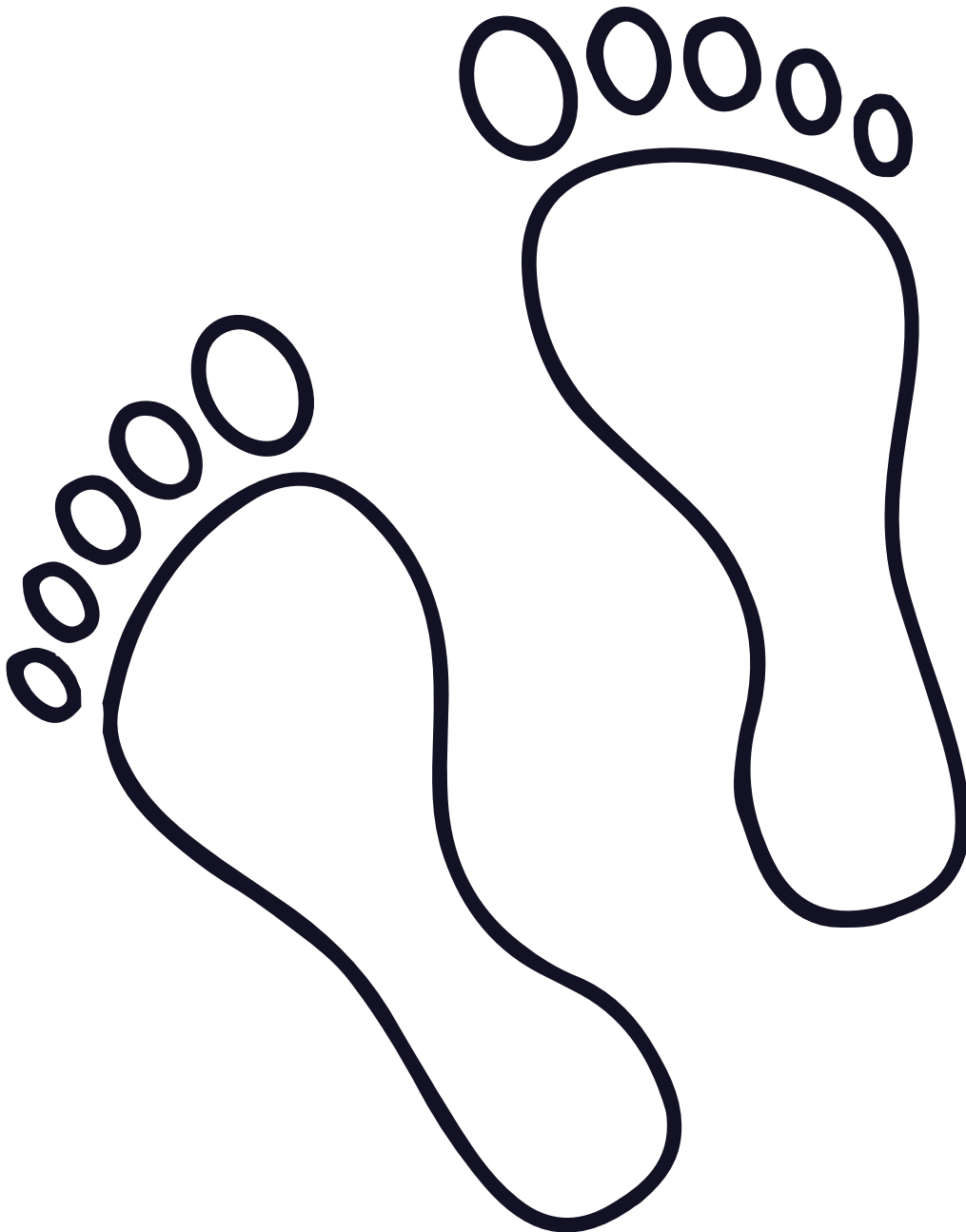
- YouTube Video "Teen Talk on Cyberbullying" (5:14) <https://www.youtube.com/watch?v=adV0rxAdJV8>  
Source: PACER Center | National Center on Bullying Feb. 8, 2017.
- "Oversharing" (3:19) Common Sense Education. San Francisco, 2019. <https://www.commonsense.org/education/videos/teen-voices-oversharing-and-your-digital-footprint>

Click Here to Provide Feedback on this Lesson

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Oh, The Places You'll Go and The Places You've Been

**Directions:** Fill in the feet. In the left foot, write places you go online at school, and in the right foot, write place that you go online outside of school.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Oh, The Places You'll Go and The Places You've Been

## Answer Key

**Directions:** Fill in the feet. In the left foot, write places you go online at school, and in the right foot, write place that you go online outside of school.

