Social and Emotional Learning (SEL)
Social Awareness: High School: THINK Before You Post

Overview:
Social awareness is the ability to understand how one reacts to interpersonal struggles and different social situations. Being socially aware allows one to be aware of their environment and effectively interpret the emotions of people with whom they interact with and how to change interactions with other people. Two key components of social awareness are the ability to choose safe and ethical behavior and to notice and speak out against unsafe or unethical behavior towards oneself and others.
In this lesson, your child will learn about rules, norms, and laws to protect themselves against potential dangers including bullying, harassment, and unsafe practices. A first step will include him or her understanding that rules and laws help to establish fair and just behavior for all.

Objective:
The child will understand what cyberbullying is and strategies for protecting themselves against it.

Child Goals:
I understand what cyberbullying is and I can protect myself against it.

Vocabulary: accessibility, cyberbullying

Learn - 5 to 10 minutes

Cyberbullying is a form of bullying or harassment using digital devices like cell phones, computers, and tablets to send messages of an intimidating or threatening nature. Cyberbullying can be more harmful than traditional bullying because of the the anonymity of the internet, 24/7 access to victims, and the ability to reach large audiences.

To prevent cyberbullying, discuss with your child to THINK before they post and consider if their content is:

True
Helpful
Inspiring
Necessary
Kind

Discussion Questions

These questions will help facilitate discussion to talk with your child about what cyberbullying is and how to protect themselves from it.

• What is cyberbullying?
• What makes cyberbullying potentially worse than other types of bullying?
• What are some ways to ensure that your posts are not cyberbullying?
• How can you protect yourself from cyberbullying?
• Tell about a time that you experienced or witnessed cyberbullying.

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Practice – 15 to 20 minutes

The Posting Policy activity asks your child to evaluate or create a cyberbullying policy for their school.	Ask your child to draft a policy for their school that defines cyberbullying and the consequences for cyberbullying. When the draft is complete, ask your child to share their draft with you. If their school has a cyberbullying policy, show them the policy. Ask him or her to compare their policy with the school policy. Discuss with your child the differences in their policy and the school's policy. If your child's school does not have a cyberbullying policy, suggest to him or her to write a letter to the principal describing why a cyberbullying policy is important and propose why it should be implemented.

Deeper Dive - 10 to 15 minutes

The *Social Media Audit* activity asks your child to evaluate his or her social media presence.	Using the *Social Media Audit* and a THINK Before You Post! Card resources, your child will complete the activity by examining his or her social media posts and the posts of people they follow or the posts they see. Encourage your child share his or her findings with you and friends. Remind your child to **THINK** about who they follow online and whether the accounts they follow are true, helpful, inspiring, necessary, and kind. After the activity, ask your child to look at the privacy settings on all their devices and social media accounts. Explain that this protects them for cyberbullying.

Resources

Social Media Audit

THINK is the post **T**rue? **H**elpful? **I**nspiring? **N**ecessary **K**ind?

Look In

Look through your recent posts on your social media accounts.
Attach a copy of one of your posts that passes the THINK test.

Describe how the post meets the THINK test.

Look Out

Look through your favorite social media accounts to find a post that does not pass the THINK test. Attach a copy of a post that does not pass the THINK test. Keep the post anonymous by blacking out all names and images.

Describe how the post could be revised to pass the THINK test.

Activity

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THINK
Before You Post!
Is your content...
True?
Helpful?
Inspiring?
Necessary
Kind?

THINK
Before You Post!
Is your content...
True?
Helpful?
Inspiring?
Necessary
Kind?

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THINK Before You Post! Cards

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