MODULE 3

WE THINK DIGITAL

Digital Wellness

Meta | We Think Digital

LESSON 1

Online Reputation

Source: This content is hosted by Meta and currently includes learning drawn from youth and media at the Berkman Klein Center for Internet & Society at Harvard University under a Creative Commons Attribution-ShareAlike 4.0 International license. You can make use of them, including copying and preparing derivative works, whether commercial or non-commercial, so long as you attribute Youth and Media as the original source and follow the other terms of the license, sharing any further works under the same terms.

Who Knows Your Secrets?

How many people in this room know the secret?

How many people in your neighborhood know the secret?

How many people that you have never met face to face know the secret?

Imagine that you had to write down that secret on a piece of paper and one random person in this group read it.

After one week...

How many people in this room would now know the secret?

How many people in your neighborhood would now know the secret?

How many people that you have never met face to face would now know the secret?

When you post a status update, photo, or other information on social media, who is your intended audience?

Does it depend on the social media platform? Or the context?

No matter who the audience is, information can be copied and posted somewhere else!

Who Is Your Intended Audience?

Activity

Researching Your Reputation

How does it feel to encounter someone who knows a lot of information about you?

How would you feel if that information was incorrect?

How many people can access this information?

How can you control what information about you is available online?

Activity

What Happens When You Search for Your Name Online?

What are the first few results?

Are you comfortable with this information?

What do the other results suggest about who you are as a person? As a student? As an employee?

What impression might someone who doesn’t know you develop upon seeing these results? What impression might they have if they clicked and read the information contained in the first few results?

Activity

What Should You Do?

If you find negative information about yourself when you search for your name online, can you do something about it?

Let’s Discuss Laws and Regulations Around

Data Protection

1. Choose a public figure.

2. Search for publicly available information about that person online and explain, in a short paragraph, how this information has helped you form an opinion about this person.

3. If you could provide this individual with four recommendations about how content about them could be available online differently and/or not be available at all to improve how this person presents themselves/is perceived by others online, what would they be?

How to Review Your Privacy Settings on Facebook

How to Choose Who You Share Content With:

- At the top of your News Feed or profile, click **“What’s on your mind?”**. From here, you can do things like post a status update, photo, video, or check in to an event.
- Below your name, click the audience selector (example: **Friends**).
- Click the audience you’d like to see your content (example: **Friends**, **Public**, or **Only Me**).

How to Review Your Privacy Settings on Facebook

How to Adjust Your Privacy Settings:

- Click **Account** in the top right of Facebook.
- Select **Settings & Privacy**, then click **Settings**.
- Click **Privacy** in the left column.

How to Review Your Privacy Settings on Facebook

Privacy Checkup guides you through some of your privacy and security settings, so you can review your choices to help make sure that you're sharing content with who you want. To complete a Privacy Checkup:

- Click in the top right of Facebook.
- Click **Settings & Privacy**, then click **Privacy Checkup**.

How to Review Your Privacy Settings on Instagram

To Make Your Account Private on the Instagram App:

- Tap or your profile picture in the bottom right to go to your profile.
- Tap in the top right, then tap **Settings**.
- Tap **Privacy**.
- Tap next to **Private Account** to make your account private.

How to Share Stories on Instagram Only With Close Friends

On the Instagram App for Android and iPhone:

- Tap or your profile picture in the bottom right to go to your profile.
- Tap in the top right, then tap **Close Friends**.
- Scroll down to **Suggestions** (Android) or **Suggested** (iPhone).
- Tap **Add** next to the people who you want to add to your close friends list. You can also tap **Search** to search for a friend.

Activity

Review Your Privacy Settings

When might you want to block an individual from viewing your Instagram profile instead of unfriending or restricting their ability to view elements of your profile?

Have you ever reported content on Instagram or Facebook that made you feel unsafe or uncomfortable?

Have you ever viewed someone’s social media profile and learned more about them than you expected to?

LESSON 2

Social Media and Sharing

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AGREE

DISAGREE

I have an account on a social media platform like Facebook, Twitter, Snapchat, or Instagram.

I use social media every day.

My social media profile — on the social media platform I use the most — is public.

I have different friends/followers/connections on the various social media platforms I use.

My generation has a different way of thinking about information shared on social media platforms when compared with adults.

I use different social media platforms for posting specific types of content.

Think About the Social Media Account You Use the Most: Do You Agree or Disagree?

My social media profile is set to public.

My social media profile is for friends/people I know really well only.

I have a friend/follower/connection on social media who I have never met in real life.

I accept every friend/follower/ connection request I get.

Whenever I meet new people, I send them a friend/follower/connection request.

Think About the Social Media Account You Use the Most: Do You Agree or Disagree?

Online, I'm friends with/followers of/connected to my parents/ guardians or teachers.

I have deleted friends/followers/connections.

Some of the stuff on my profile can be seen by friends of friends/people I am not directly connected to on social media.

I have looked at and/or changed my privacy settings.

Assume that you share content with your followers and that the same content also gets shared with their followers.

How many people do you think you're sharing with?

How Many People Do You Think You're Sharing With?

If, for example, you have two friends on a social media platform and each of them has three friends, then how many people, at maximum, can see the content you share on the platform?

If, for example, you have two friends on a social media platform and each of them has three friends, then how many people, at maximum, can see the content you share on the platform?

Answer: 2 + 2 x 3 = 8

How Many People Do You Think You're Sharing With?

If you have 10 friends on a social media platform and each of them has 10 friends, then how many people, at maximum, can see the content you share on the platform?

If you have 10 friends on a social media platform and each of them has 10 friends, then how many people, at maximum, can see the content you share on the platform?

Answer: 10 + 10 x 10 = 110

How Many People Do You Think You're Sharing With?

If you have 300 friends and they each have 300 friends, how many people, at maximum, can see the content you share on the platform?

If you have 300 friends and they each have 300 friends, how many people, at maximum, can see the content you share on the platform?

Answer: 300 + 300 x 300 = 90,300

Let’s Take a Look at an Example of

Stories Gone Viral

How Can We Manage Our Privacy Online?

Come Up With a Comment or Question About Privacy Settings!

Let’s Develop a Social Media Privacy Guide That Can Be Used to Help Others

Think about the audiences of their social media posts.

Consider why they might want to review and/or edit their social media privacy settings.

Reflect on what they want to share publicly and what they might want to keep private and why.

Figure out how they can set different privacy settings for different content and why they might want to do so.

LESSON 3

Online Presence

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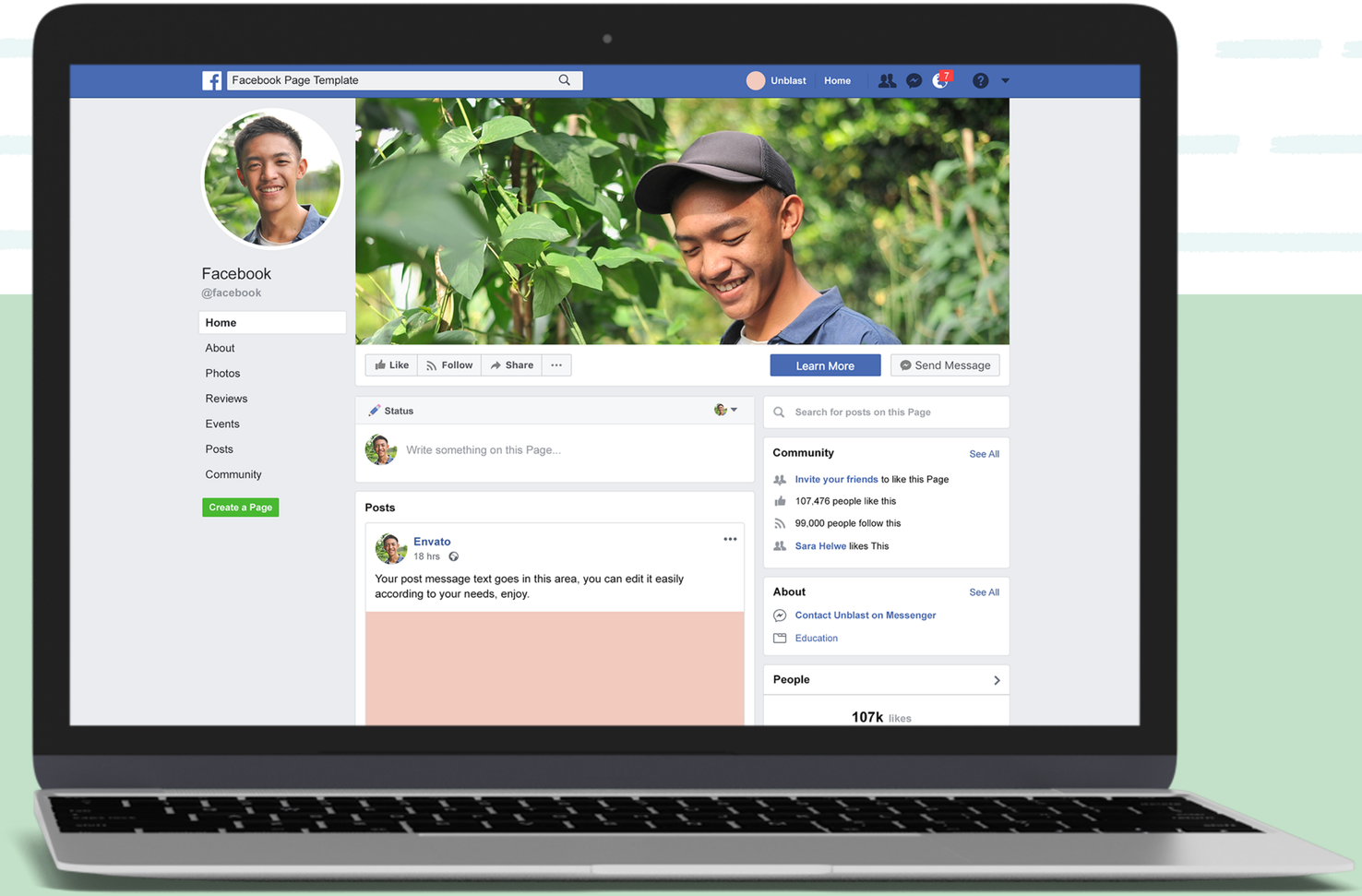
Activity

@Luciano1782586: Genghis Khan burns everything he cooks. Even the economy!

@Artemis4062456: Genghis Khan is the worst horseman ever. He can’t even ride the oldest, gentlest horse in the herd.

@Sergei5639876: Genghis Khan wouldn’t know a bow and arrow if they hit him in the face.

Activity


Facebook Page Template
Unblast
Home
Facebook
@facebook
Home
About
Photos
Reviews
Events
Posts
Community
Create a Page
Like
Follow
Share
Learn More
Send Message
Status
Write something on this Page...
Search for posts on this Page
Community
See All
Invite your friends to like this Page
107,476 people like this
99,000 people follow this
Sara Helwe likes This
Posts
Envato
18 hrs
Your post message text goes in this area, you can edit it easily according to your needs, enjoy.
About
See All
Contact Unblast on Messenger
Education
People
107k likes

What is one type of content that you/the account owner **do/does** primarily control?

What is one type of content that you/the account owner **do/does not** primarily control?

What is one thing you can do about content that someone else has written about you that you do not like for some reason?

LESSON 4

Different Perspectives

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Activity

Rubin’s Vase

Activity

HOME Search

MAI

ABOUT

Hi everyone!! I'm an 18 year old student and I really like concerts and science experiments.

Volunteers at International Climate Development Organization

Lives in Kyoto, Japan

Mai shared a picture
Saturday - Friends of Friends

Whaaaaaaat a night. 🎵 Such a fun Party!!
School is going to be rough tomorrow.

Comment Share 8 likes

Mai shared a picture from Science Summer Program
2 days ago - Public

Got a 100% on my Science exam!

Comment Share 2 likes

Mai was tagged in a post
1 day ago - Friends of Friends

#ilovemycat

Comment Share 0 likes

Mai shared a picture from Science Summer Program
2 days ago - Public

Completely forgot about the chemistry exam today...
Oh well. It happens.

Comment Share 0 likes

Mai shared a picture
Saturday - Friends of Friends

#worldcup #2021 #cantwait #lovethissport
#alwayswinning #cantwaittowatchwithfamily

Comment Share 4 likes

Mai changed her profile picture
2 days ago - Public

Make Money not Friends

Comment Share 0 likes

Think About the Different Ways That People in Your Life Know You

Assignment

Step 1

Take a photo or screenshot of any social media post.

Step 2

Identify three roles in relation to the individual's social media post (e.g. friend, family member, teacher).

Step 3

For each role, describe how the individual might think about this post.

Let's Discuss Facebook Community Standards

Safety: Facebook is committed to making Facebook a safe place. Expression that threatens people has the potential to intimidate, exclude, or silence others isn't allowed on Facebook.

Authenticity: Facebook wants to make sure the content people are seeing on Facebook is authentic. They believe that authenticity creates a better environment for sharing, and that's why they don't want people using Facebook to misrepresent who they are or what they're doing.

Privacy: Facebook is committed to protecting personal privacy and information. Privacy gives people the freedom to be themselves, and to choose how and when to share on Facebook and to connect more easily.

Dignity: Facebook believes that all people are equal in dignity and rights. They expect that people will respect the dignity of others and not harass or degrade others on their platforms.

LESSON 5

Who Do You Want to Be?

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My Online Identity

My Online Identity

What content do you currently make and/or share online (e.g., videos, music, remixes, blogs, designs, animations)?

What inspires you to make or share this content?

Why do you do it? What content do you have your real name and image associated with?

Is there any content that you would not want to be publicly associated with you? Why not?

Let’s Talk About Your Future Goals

Where and what do you want to be in a few years, and how did you first come up with that idea?

What might you do online to help you achieve your future career goals or personal goals?

What other personal goals do you have that are not related to your career goal(s)?

Activity

My Online Identity

Imagine that you are creating a new social media presence that focuses on a particular aspect of your identity.

Type of account and platform (e.g., social media, blog).

Type of content (e.g., photos, videos, text-based posts).

What would you put in the “About Me” section?

What kinds of images would you use?

What would you set your privacy settings to? Would any of these settings depend on the type of content you share?

How Can You Control Your Facebook and Instagram Accounts?

Control Your News Feed on Facebook

To Report Someone:

- Go to the profile you want to report by clicking its name in your News Feed or searching for it.
- Click more to the right and select **Find Support** or **Report Profile**.
- To give feedback, click the option that best describes how this profile goes against Facebook's Community Standards, then click **Next**.
- Depending on your feedback, you may then be able to submit a report to Facebook. For some types of content, you do not have to submit a report, but your feedback is used to help their systems learn. Click **Done**.

Control Your News Feed on Facebook

To Unfriend Someone:

- Go to that person’s profile by typing their name into the search bar at the top of Facebook.
- Click at the top of their profile.
- Click **Unfriend**, then **Confirm**.

Control Your News Feed on Facebook

To Block Someone:

- Click **Account** in the top right of Facebook.
- Select **Settings & Privacy**, then click **Settings**.
- Click **Blocking** in the left side menu.
- In the Block users section, enter the name of the profile you want to block and click **Block**.
- Select the specific profile you want to block from the list that appears and click **Block**, then click **Block [name]**.

Comment Controls on Instagram

How to Turn Off Commenting on Your Posts:

- Tap ••• (iPhone) or ⋮ (Android) above your post.
- Select **Turn Off Commenting** or **Turn On Commenting**.

*Note: You can also turn off commenting for a post before you share it. On the screen where you add a caption or location to your post, tap **Advanced settings**, then tap **Turn Off Commenting**.*

Comment Controls on Instagram

How to Delete/Report Comments:

- Tap below the post or tap any comment.
- Swipe left over the comment (iPhone) or tap the comment (Android) you'd like to delete.
- Tap the trash can icon to delete a comment.
- Or tap and:
  - Tap **Report This Comment** (iPhone) or **Report this comment** (Android).
  - Tap **It's spam** or tap **It's inappropriate**.
  - Select an option for why the comment is abusive.

Comment Controls on Instagram

How to Manage All Comments on the iPhone App:

- Tap **View all comments** below your post.
- Tap ••• in the top right, then tap **Manage comments**.
- Select all the comments you want to manage.
- From here, you can:
  - Tap **Delete** in the bottom left, then tap **Delete comments**.
  - Tap **Restrict** in the bottom right, then tap **Restrict accounts**. Tap **Restrict accounts** to confirm.
  - Tap **Block** in the bottom right, then tap **Block accounts**. Tap **Block accounts** to confirm.

Comment Controls on Instagram

How to Manage All Comments on the Android App:

- Tap **View all comments** below your post.
- Select all the comments you want to manage.
- From here, you can:
  - Tap the trash can icon in the top right to delete the comments.
  - Tap in the top right, then tap **Block accounts**.
  - Tap in the top right, then tap **Restrict accounts**.

Comment Warnings on Instagram:

Instagram shows a warning when someone tries to post a potentially offensive comment. And if they try to post potentially offensive comments multiple times, Instagram shows an even stronger warning — reminding them of the Community Guidelines and warning them that their comment may be hidden or removed if they proceed.

Audience Controls on Instagram

How to Unfollow Someone:

- Go to the profile of the person you'd like to unfollow.
- Tap **Following**, then tap **Unfollow** to confirm.
- Once you've unfollowed someone, their profile will say Follow instead of Following. People won't be notified when you unfollow them.

Audience Controls on Instagram

How to Remove Followers:

If your account is set to private, you can remove people from your followers list on the Instagram app for Android and iPhone.

- Tap your Instagram user profile or your profile picture in the bottom right to go to your profile. At the top, tap **Followers**.
- Tap **Remove** to the right of the follower you'd like to remove, then tap **Remove** to confirm.

Audience Controls on Instagram

How to Block Someone:

- Tap their username from their Feed or story post, or tap and search their username to go to their profile.
- Tap ••• (iPhone/computer) or (Android) in the top right.
- To block the account and new accounts they may create, tap **Block** at the bottom to confirm.
- If you prefer to only block that account, tap next to Block [username]. Tap **Block** again to confirm.

Audience Controls on Instagram

How to Restrict or Unrestrict Someone in Settings:

- Tap or your profile picture in the bottom right to go to your profile.
- Tap in the top right.
- Tap **Settings** and then tap **Privacy**.
- Below **Connections**, tap **Restricted accounts**.
- Tap **Continue**.
- Search for the account you'd like to restrict and tap **Restrict** next to their username, or tap **Unrestrict** to unrestrict someone.

Audience Controls on Instagram

How to Change Your Instagram Direct Messages Settings:

- Tap or your profile picture in the bottom right to go to your profile.
- Go to your profile and tap in the upper right corner.
- Tap **Settings** > **Privacy** > **Messages**.
- Below **Connections**, tap **Restricted accounts**.
- From here you can update:
  - Who you want to receive new message requests from by tapping the circle to the right of the audience you prefer.
  - Who can add you to a group conversation by tapping the circle to the right of the audience you prefer.

Audience Controls on Instagram

How to Enable Hidden Words:

- Tap or your profile picture in the bottom right to go to your profile.
- Tap in the top right, then tap **Settings**.
- Tap **Privacy**, then tap **Hidden words**.
- Select **Custom word list** and add words, phrases, numbers, or emojis that you'd like to be hidden from your comments or message requests. You can edit this list at any time.

Audience Controls on Instagram

How to Limit Interactions:

- Tap or your profile picture in the bottom right to go to your profile.
- Tap in the top right, then tap **Settings**.
- Tap **Privacy**, then tap **Limits** and turn it on. Non-followers and new followers can be limited separately.

Audience Controls on Instagram

How to Manage Tagging:

- Tap or your profile picture in the bottom right to go to your profile.
- Tap in the top right, then tap **Settings**.
- Tap **Privacy**, then tap **Posts**.
- Tap **Manually Approve Tags**.
- Then, turn on the setting **Manually Approve Tags**.
- Tap **Pending Tags** to see all posts you have been tagged in and from here you can take these bulk actions:
  - Remove tags entirely.
  - Add tagged posts to your profile.

LESSON 6

A Moment for Me: A Self-Compassion Break for Teens

Source: The Greater Good Science Center studies the psychology, sociology, and neuroscience of wellbeing and teaches skills that foster a thriving, resilient, and compassionate society. The GGSC is unique in its commitment to both science and practice: Not only do we sponsor groundbreaking scientific research into social and emotional wellbeing, we help people apply this research to their personal and professional lives. Learn more: https://greatergood.berkeley.edu/

Learning How to Use Self-Compassion

LESSON 7

A Time I Felt Grateful

Source: The Greater Good Science Center studies the psychology, sociology, and neuroscience of wellbeing and teaches skills that foster a thriving, resilient, and compassionate society. The GGSC is unique in its commitment to both science and practice: Not only do we sponsor groundbreaking scientific research into social and emotional wellbeing, we help people apply this research to their personal and professional lives. Learn more: https://greatergood.berkeley.edu/

Think of Someone That You Said

Thank You to Recently

Think About a Time You Felt Grateful

Things We Own

Kind Action

Nature

Other Important Things

Activity

Write a paragraph or draw an illustration of what you are grateful for.

MODULE 3

WE THINK DIGITAL

Digital Wellness

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