

# SEL IN DIGITAL LIFE: SKILLS & DISPOSITIONS PROGRESSION

	K-2	3-5	6-8	9-12
 <p><b>SELF-AWARENESS</b></p>	<p><b>My Feelings When Using Technology</b></p> <ul style="list-style-type: none"> <li>Recognize and identify the various feelings they can experience when using technology.</li> <li>Reflect on the kinds of online activities they engage in that might give them a negative feeling.</li> </ul>	<p><b>Our Responsibilities Online</b></p> <ul style="list-style-type: none"> <li>Recognize the relationship between behaviors and emotions.</li> <li>Understand how their behaviors can affect themselves and others.</li> <li>Reflect on what it means to be their best selves when using technology.</li> </ul>	<p><b>Oversharing and Your Digital Footprint</b></p> <ul style="list-style-type: none"> <li>Reflect on how being on social media can impact their emotions, behavior, and identity.</li> <li>Identify ways to make the most of social media while still caring for themselves and others.</li> </ul>	<p><b>Who Are You on Social Media?</b></p> <ul style="list-style-type: none"> <li>Define what the positive use of technology looks like in their life.</li> <li>Analyze the benefits and drawbacks of representing different parts of their real self online.</li> </ul>
 <p><b>SELF-MANAGEMENT</b></p>	<p><b>Saying Goodbye to Technology</b></p> <ul style="list-style-type: none"> <li>Develop a strategy to regulate their feelings when they need to put their device away.</li> <li>Learn to transition between online and offline activities.</li> </ul>	<p><b>My Media Balance</b></p> <ul style="list-style-type: none"> <li>Reflect on how their media choices impact the way they feel.</li> <li>Begin to develop their own definition of a healthy media balance.</li> </ul>	<p><b>Checking Our Digital Habits</b></p> <ul style="list-style-type: none"> <li>Identify what online activities contribute to their emotional well-being.</li> <li>Create a plan to balance their online and offline activities.</li> </ul>	<p><b>Screen Time: How Much Is Too Much?</b></p> <ul style="list-style-type: none"> <li>Develop strategies to help achieve media balance.</li> <li>Understand that some apps and platforms use addictive design principles and identify strategies they can use to keep themselves from “getting hooked.”</li> </ul>
 <p><b>RESPONSIBLE DECISION-MAKING</b></p>	<p><b>Traveling Safely Online</b></p> <ul style="list-style-type: none"> <li>Know how to stay safe when going online (e.g., <i>asking for permission from a grownup when using a device or going online, not talking to strangers</i>).</li> <li>Know what to do when they experience a negative feeling when using technology.</li> </ul>	<p><b>How Can You Be an Online Superhero?</b></p> <ul style="list-style-type: none"> <li>Understand the responsibilities that come with owning or having access to a device.</li> <li>Understand the difference between private and personal information and how to keep private information safe.</li> </ul>	<p><b>Who Are You Talking to Online?</b></p> <ul style="list-style-type: none"> <li>Identify the risks and potential opportunities of connecting with people online.</li> <li>Know how to stay safe when interacting with people they have only met online.</li> </ul>	<p><b>Perspectives on Posting</b></p> <ul style="list-style-type: none"> <li>Reflect on their responsibilities when posting information about others online.</li> <li>Understand how their digital footprint can impact their reputation and that of others.</li> </ul>
 <p><b>RELATIONSHIP SKILLS</b></p>	<p><b>Use Your Heart When You're Online</b></p> <ul style="list-style-type: none"> <li>Understand the importance of being kind to others when online.</li> <li>Reflect on things they can do to be kind and respectful to others online (e.g., <i>putting their device away when someone is talking to them or if a friend invites them to play</i>).</li> </ul>	<p><b>Gaming with Positivity</b></p> <ul style="list-style-type: none"> <li>Show empathy towards others online.</li> <li>Be able to take other people’s perspectives into consideration when communicating or playing online.</li> <li>Understand ways to de-escalate or step away from conflict online.</li> </ul>	<p><b>Friendships &amp; Social Media</b></p> <ul style="list-style-type: none"> <li>Develop positive relationships online and offline.</li> <li>Understand how constant connectivity can affect them and their relationships</li> <li>Identify and manage potential social stressors (e.g. number of followers, likes/views, etc.).</li> </ul>	<p><b>Friendships &amp; Boundaries Online</b></p> <ul style="list-style-type: none"> <li>Reflect on how their relationships are affected by devices and the internet.</li> <li>Identify the qualities of healthy and rewarding relationships.</li> <li>Establish healthy boundaries when using social media to connect with friends</li> </ul>
 <p><b>SOCIAL AWARENESS</b></p>	<p><b>Standing Up to Online Meanness</b></p> <ul style="list-style-type: none"> <li>Understand how online meanness can make people feel.</li> <li>Identify ways to respond to be kind and respond to mean words online.</li> </ul>	<p><b>The Words We Choose</b></p> <ul style="list-style-type: none"> <li>Reflect on the impact that words can have on others when communicating online.</li> <li>Understand what cyberbullying is and identify ways to be an upstander when they witness cyberbullying.</li> </ul>	<p><b>Dealing with Digital Drama</b></p> <ul style="list-style-type: none"> <li>Understand how communicating online can escalate digital drama.</li> <li>Identify strategies to de-escalate conflicts online or digital drama.</li> </ul>	<p><b>The Impacts of Online Hate Speech</b></p> <ul style="list-style-type: none"> <li>Understand how online environments contribute to the spread of online hate.</li> <li>Develop the cultural awareness to support their peers when they are confronting online hate.</li> </ul>