

New Digital Literacy & Well-Being Curriculum 2025

Recommended replacement

Additional lesson available

20 min lessons

	TOPIC	LESSON TITLE	ESSENTIAL QUESTION
Kinder	Healthy Habits	Saying Goodbye to Tech	How do we say goodbye to devices when we don't want to?
		Media Balance Is Important (Updated)	How can we practice healthy habits with technology?
	Privacy & Safety	Caring for Our Devices (Updated)	How can I take care of my device?
		Safety in My Online Neighborhood (Updated)	How can we go places safely online?
	Digital Footprint & Identity	What Is a Digital Footprint?	What is a digital footprint?
		Beyond the Avatar	What makes me <i>me</i> ?
	Relationships & Communication	Why We Pause for People (Updated)	How can we be active listeners when using devices?
		Choosing Kindness	What does kindness look like when we're using technology?
	Cyberbullying & Online Harms	Icky Feelings	What do you do if you get an icky feeling when using your device?
		Standing Up for Others	How can I stand up for others?
	Information & Media Literacy	What Is Media?	What is media?
		How Media Makes Me Feel	How does the media we experience make us feel?
Fact or Fiction?		How do we separate fact from fiction?	
1st Grade	Healthy Habits	Managing Device Distractions (Updated)	How can I deal with device distractions and keep my focus?
		Autoplay: Helpful or Not?	Can technology features be both helpful and unhelpful to me?
	Privacy & Safety	Pause & Think Online (Updated)	How can we be safe, responsible, and respectful online?
		Internet Traffic Light (Updated)	How do you stay safe on websites and apps?
	Digital Footprint & Identity	My Digital Footprint	What happens when we share things online?
		Is It OK to Share?	What information is safe to share online? What should we keep private?
	Relationships & Communication	Curiosity Tellers	How can we show curiosity for others?
		How Tech Connects Us	How can technology keep us together even if our family, friends, and loved ones are far away?
Cyberbullying & Online	Words Can Help or Hurt	How do our words affect others when we're online?	

	Cyberbullying & Online Harms	Step In, Step Out	When things go wrong with tech, how can we give friends the space they need?
	Information & Media Literacy	Media: What's the Purpose?	Who creates the media we see, and why do they make it?
		Understanding Ads	What are ads, and what do they want us to do?
		Fact vs. Opinion	What is the difference between a fact and an opinion?
2nd Grade	Healthy Habits	We, the Digital Citizens (Updated)	How can we be good digital citizens?
		Device-Free Moments (Updated)	Why is it important to have device-free moments in our lives?
	Privacy & Safety	Keeping Online Accounts Safe	How can I keep my online accounts safe?
		That's Private! (Updated)	What kinds of information should I keep to myself when using the internet?
	Digital Footprint & Identity	Be a Super Digital Citizen (Updated)	How can I be a super digital citizen who makes good choices online?
		Digital Trails (Updated)	What kind of digital trail am I leaving behind?
	Relationships & Communication	Including Others When Using Tech	How can we notice and include others when we use technology together?
		Who Is in Your Online Community? (Updated)	How are we all part of an online community?
	Cyberbullying & Online Harms	Dealing with Online Meanness	What should you do if someone is mean to you online?
		Sincere Apologies	What makes an apology sincere?
	Information & Media Literacy	Using Tech to Learn New Things	How does technology help us learn?
		How to Search Online	How do we search for information online?
		Exploring Search Results	Where does online information come from?

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	TOPIC	LESSON TITLE	ESSENTIAL QUESTION
3rd Grade	Healthy Habits	Making Healthy Media Choices	How can we make healthy media choices?
		Outsmarting Attention Thieves	How can we protect our attention when surrounded by tech
		Emoji Power: Expressing Ourselves Online	How do emojis help us express what we think and feel?
	Privacy & Safety	Privacy Doors	How do we stay safe online?
		Protecting Our Online Accounts	How do we keep our online accounts safe?
		Level Up: Gaming Safely Online	How can we stay safe and protect our privacy when playing online
	Digital Footprint & Identity	Our Digital Footprints	How does what we do online create a digital footprint?
		Digital Identity Iceberg	What parts of you do people see online, and what parts stay hidden?
		Our Rings of Responsibility	How can we take responsibility for ourselves, our communities, and
	Relationships & Communication	Our Digital Citizenship Charter	How can we be responsible digital citizens in our online
		Resolving Conflicts Online	How can we resolve conflicts when they happen online?
		Pen Pals in a Connected World	How does technology help us connect with people around the
	Cyberbullying & Online Harms	When Words Hurt Online	How can we respond to mean words online?
		Is It Just a Joke?	How can we make sure jokes don't hurt others?
		Need Space or Repair? Handling Online Hurt	What can you do when hurt happens online?
Information & Media Literacy	Finding the Source	Where does online information come from?	
	Perfectly Altered	Why do people alter digital photos and videos?	
	Trending Now!	How do trends influence our choices, and how can we think	
	Healthy Habits	Healthy Tech Habits & Our Feelings	How can I recognize and respond to my feelings about media and
		Spotting Thinking Traps	What are thinking traps and how can they impact our feelings?
		Brain Battle Game	How can we use alternative thoughts to battle thinking traps?
	Privacy & Safety	Personally Identifiable Information	What is personally identifiable information, and how can I protect
		PII: What's the Risk Factor?	When should I be cautious about sharing personal information
		Gone Phishing	What is phishing, and how can you protect yourself from it?
	Online Tracks: What Do We Control?	What parts of our digital footprint can we control?	

4th Grade	Digital Footprint & Identity	Online Reputations & Our Responsibilities	How can we think about others when we share online?
		Understanding Influencers	Who influences us online, and are they positive role models?
	Relationships & Communication	Communicating Clearly Online	How do the things we say online impact others?
		Group Chat Dynamics	How can I be a good friend in online spaces?
		Peer Pressure Online	How does technology impact peer pressure, and what can I do
	Cyberbullying & Online Harms	How Online Meanness Escalates	How can online meanness escalate?
		S.T.A.N.D. Up to Cyberbullying	How can I be an upstander to cyberbullying?
		M.E.N.D.ing Friendships	How can we rebuild friendships after someone's feelings get hurt
	Information & Media Literacy	Media & Our Emotions	How does media make us feel, and why?
		Slicing Up Media with P.I.E.	What are content creators trying to get us to do, learn, or feel?
S.I.F.T. for Sources		How can we tell if the information we see online is credible?	
5th Grade	Healthy Habits	Creating Device-Free Moments	Why is it important that we have device-free moments in our lives?
		Understanding Design Tricks	How do apps and devices try to keep my attention longer than I had
		Tricky Tech Game	How can healthy tech habits help us battle design tricks?
	Privacy & Safety	Online Risk Radar	How can we identify and respond to online risks?
		Tracking You: Taking Control of Your Privacy	What is tracking data, and how can you control your privacy
		Don't Take the Bait	What is clickbait, and how can we avoid it?
	Digital Footprint & Identity	Challenging Stereotypes	How do stereotypes shape how we view others online?
		Sharenting Slip-Ups	How can I protect my digital identity?
		Invisible Audiences	How can invisible audiences change the impact of what we share
	Relationships & Communication	Navigating Online Friendships	How can we keep online friendships safe?
		Friends vs. Followers	What is the difference between following someone online and being
		Communicating Personal Boundaries	What are personal boundaries, and how can I communicate them to
	Cyberbullying & Online Harms	Dealing with Cyberbullying	How can we recognize and respond to cyberbullying?
		S.T.A.N.D. Up to Support Others	How can we support others when they experience online harm?
		M.E.N.D. to Rebuild Trust	How can we take responsibility and rebuild trust when online harm
	Information & Media Literacy	Spotting Media Influence	How can we be critical thinkers about media influence?
Remix Responsibly		How can we be creative while respecting the creative rights of	
Media Frames: Looking Beyond Headlines		How does media framing influence our understanding of events and	

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6th Grade	Healthy Habits	What is the Attention Economy?	How does tech hold our attention, and what can we do about it?
		Building Healthy Tech Habits: Part 1	How does my tech use affect my well-being?
		Building Healthy Tech Habits: Part 2	How can I create positive tech habits that support my well-being?
	Privacy & Safety	PII: Should I Share?	How can I think critically about sharing personal information online?
		Be Aware of What You Share	How can you protect your privacy when setting up an account?
		Stolen Identity	What are the potential impacts of impersonation and identity theft?
	Digital Footprint & Identity	Understanding My Digital Footprint	What makes up our digital footprints?
		Your Curated Self	How are you presenting yourself online?
		Web of Responsibility	How do our online actions shape the digital footprints of others?
	Relationships & Communication	Red Flags & Chatting Online	How do you chat safely with people online?
		Under Peer Pressure	How does peer pressure online impact the decisions we make?
		Sharing & Online Disinhibition	How does being online change the way we share and connect with others?
	Cyberbullying & Online Harms	What Are Online Harms?	What are the different types of online harms?
		De-escalating Online Harm	What are ways to de-escalate online harm?
		Making Things Right: Repairing Harms	How can we respond when we cause online harm?
Information & Media Literacy	S.E.E.K.ing Information	What's the best way to seek information online?	
	Giving Credit	Why and when do we give credit for the work of others?	
	Is It Fair Use? AI Edition	What rights to fair use do you have as a creator?	
	TOPIC		
	Healthy Habits	Tech & Values	How are different values supported and/or compromised by tech?
		What Are Thinking Traps?	What are thinking traps, and how can they impact our well-being when we use tech?
		What Are Design Tricks?	How does technology design impact our habits and well-being?
		Data for Sale	Why is our data valuable to companies?

7th Grade	Privacy & Safety	Your Data, Your Choices	How can I manage the data that companies collect about me?
		Location Sharing & Your Privacy	How does location sharing impact our privacy?
	Digital Footprint & Identity	Care to Share?	How does audience influence what we share online?
		Permission to Post	How does practicing consent strengthen relationships and promote respect f
		The Assumptions We Make	How do the partial pictures we present online shape how others see us?
	Relationships & Communication	Parasocial Relationships	How do parasocial relationships affect the way we connect with others?
		Friendships & Boundaries	How does tech impact our friendships?
		Boundaries & Consent	What is consent and why is it important in our digital lives?
	Cyberbullying & Online Harms	The Ripple Effects of Conflict	How do conflicts escalate online?
		Being an Upstander	How can you be an upstander to cyberbullying?
		How to Re-A.C.T. to Cyberbullying	What can you do if you are the target of cyberbullying?
	Information & Media Literacy	Choosing Sources	How do we match our information needs with the best online sources?
		Evaluating Information Online	How do I practice lateral reading to evaluate information online?
		Bursting the Filter Bubble	How does our experience online shape what we see, believe, and share?
	TOPIC		
8th Grade	Healthy Habits	Tech Habit Challenge: Part 1	What roles do media and tech play in my life?
		Tech Habit Challenge: Part 2	How can I build positive habits around media and tech to support my well-be
		App Traps & Addictive Design	How does tech try to hook you, and what can you do about it?
	Privacy & Safety	Social Engineering & Online Deception	How can we protect ourselves from social engineering and online deception?
		Data Breach Basics	How can we protect our digital identities when security threats occur?
		Facing Off with Facial Recognition	What are the benefits and risks of facial recognition?
	Digital Footprint & Identity	Life in Public	How can we balance staying true to ourselves while also sharing online?
		Viral Posts & Online Reputations	How do our actions online impact others' reputations?
		What We See, What We Assume	How does our context shape the assumptions we make online?
	Relationships & Communication	Social Norms & Tech	How do the social norms we build around tech affect our relationships and w
		AI Chatbots & Friendship	How can AI chatbots impact our idea of friendship?
		The Pressure to Sext	How can we recognize and respond to pressure in online relationships?
	Cyberbullying & Online Harms	When Hate Escalates	How do we respond to hate, harassment, and discrimination online?
		S.T.A.N.D. Up to Support Friends	How can you support a friend who is experiencing online harm?

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Information & Media
Literacy

[Deepfakes & Consent](#)

What are the impacts of creating or sharing altered images without asking fo

[What Is Critical Ignoring?](#)

How can we focus our attention in an information-filled world?

[AI Algorithms: How Well Do They Know You?](#)

How does artificial intelligence influence what we see online?

[Telephone Trouble: Mis- & Disinformation](#)

How does information change as it spreads?