

Theme: GO Day

Educational Resources: 7th- 12th

Title: Social Media Kindness

Subject: Language Arts or Social Studies

Prep Time: 20 minutes to read resources about social media impact

Activity Time: 15 minutes

Activity Description:

The purpose of this lesson is to teach students the value of spreading kindness through their social media.

Direct Instruction –

Teachers will start by asking a few questions.

1. Who use social media? According to PEW Research, 80% of teens who are online have social media.
2. Who has seen negative comments or posts on your social media? They are not alone, according to PEW Research, 88% of teens have seen cruel & mean content.

Explain that all communication has the potential to be positive, neutral or negative. Social media research shows that many effects can be negative. This class will focus on putting positive content into the world. The benefits of positive social media include, self-esteem building, connecting to others, social support, creative expression, civic engagement and identity development. Take a few minutes to discuss each of these concepts and allow students to give examples of each. Let students know that they will be assigned 2 social media tasks.

1. Create a positive social media post (if they don't have social media, they can help their partner create it)
 - a. It must do one of the following (remember to tag anyone involved and @GiveSevenDays)
 - i. **Build Self Esteem** for others- Share a message of value, for example, share a quote or info about a person that is inspirational to others for their contribution to society.
 - ii. **Create a connection** with others- Share something that shows you belong to a group, for example express how much you enjoyed attending the school concert or play.
 - iii. **Support others**- Show you care about someone or something going on in your world, for example, give a shout out to a team that lost, but worked hard.
 - iv. **Express your creativity**- Share something you enjoy in a fun way, for example, art, animals, sports, music, etc.
 - v. **Support civic engagement**- not a specific political party or candidate but rather engagement in your community, for example, attending a city event.
 - vi. **Support the identity** of a group you belong to, for example, a club, team, family, or school.
2. Make a positive comment on someone else's post- Find a post that you find positive in one of the ways described above then leave a positive comment about the impact it has on you.

Partner Activity-

Students will look through their social media with a partner. They are looking for posts that they can add value by adding a positive comment.

Individual Activity –

Students will do the assignment above either alone or with their partner if the partner does not have social media.

Group Activity –

Discuss the importance of spreading kindness through social media. Why is it important? What impact can it make in your school? Who will it effect? When/how often should you think about (and act) posting positivity?

Outcome Measurement:

Ask students to write a paragraph describing their feelings about this lesson and what actions they will take moving forward.

Sources:

SevenDays® Inc.

[Kindness & Cruelty on Social Networks](#)

[Protecting Teens on Social Media](#)

[Social Media Benefits to Teens](#)

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards
 - Character Development- Responsible Decision Making and Problem Solving
 - Social Development- Social Awareness
 - Social Development – Interpersonal Skills

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****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**