My Digital TAT2│School Programs│2023-2024

Our School Programs educate young people to be empathetic, ethical, and responsible consumers and producers of online content. We challenge students to think critically about their actions and behaviors and give them tools and strategies to cultivate a **healthy and mindful** relationship to the online world. Our sequential digital health and well-being curriculum is unique for each grade and covers topics relevant to each stage of development and experience. To support scaffolding for children and teens, we educate the adults who care about them (teachers, parents, guardians) to connect with and support young people in navigating the ever-growing and changing digital landscape.

[Our youth-informed curriculum](#) mirrors the dynamic digital world to reflect the latest news, trends, and challenges. We empower students, families, and educators to understand the role of technology and the impact of their online presence.

Student Programs

3rd Grade Curriculum: Be Healthy, Safe, and Kind Online

This introductory workshop prepares the youngest users of digital technology to become responsible virtual citizens. This course focuses on digital safety, online manners, setting limits, and teaching critical thinking skills.

4th Grade Curriculum: How to be a Good Friend On and Offline

This workshop focuses on friendship with an emphasis on empathy and kindness. It helps students think critically about the information they share, the groups they join, and the power of words to hurt or heal.

5th Grade Curriculum: Your Personal Power and Responsibility Online

This workshop focuses on the psychology of digital technology and social media. Students will learn strategies for mindful use, dealing with social cruelty, and taking responsibility for their online reputation. We also talk about media manipulation and how it affects self esteem. This workshop explores the growing challenges that students face as their world widens and adult supervision decreases.

6th Grade Curriculum: The Impact of Technology on Privacy and Reputation

Most students use digital media positively, yet there are few rules about how to interact online. We lead students through exercises to examine how they use technology and their personal online presence, instilling them with a deeper awareness of the impact they have on themselves and others along with their power to create a kind and respectful culture. We discuss how to slow down and be mindful of their digital behavior on themselves and others.

7th Grade Curriculum: Stand Up to Social Cruelty

Research shows that bullying peaks in the seventh grade. The most effective way to encourage discussion and reflection on this topic is to focus on giving students strategies to move from being a bystander to acting as an upstander. Using the power of historical narrative and current events, students make connections to their online lives today.

8th Grade Curriculum: How to Be a Media Detective | Create a Positive Digital Reputation

With the proliferation of online disinformation, the ability to recognize fake news, conspiracy theories, media biases and polarization is essential. We teach students to critically interrogate news and information by examining sources, questioning motives, and digging deeper through research. In part 2, students recognize the importance of their online brand and how it defines public perception. This is essential as they move into high school and apply for jobs and schools.

9th/10th Grade Curriculum: Your Brain on Tech - Control Your Device Instead of Letting It Control You

Students reflect deeply on how all forms of technology impact their brains. They will analyze their own tech use and recognize which parts are adding positively to their lives and which are detracting, so they can make mindful, informed decisions about their tech use. They learn strategies for recognizing and managing device dependence and risky online behavior.

11th/12th Grade Curriculum: Your Online Reputation - Look Ahead to the Future

We provide strategies and tools to help students self-regulate and make good decisions. We examine what online profiles reveal and how employers and schools are using social media to assess candidates. We provide strategies to manage damaging past posts and how to create a positive first impression.

Parent Programs
For Elementary, Middle, and High Schools

The Psychology of Technology: Support Our Young People

Rooted in contemporary research, these continuously updated parent programs explore the rapidly changing digital landscape and how our children use technology. We address the issues that parents are most concerned about right now, such increased digital dependence, inappropriate content, and mental wellness. We also address issues such as technoperfection, online misinformation, addictive behavior, and the lure of popular apps, platforms, and games. Participants will leave with strategies to connect with their children and teens to support critical thinking and mindful technology use. Parent programs are scaffolded, age-appropriate, and centered around providing support for the digital health and well-being of young people.

All levels of parent ed are also available for presentation in Spanish.

Teacher and Administrator Program

Partnering with Teachers and Administrators: Getting the Most From My Digital TAT2 Programs

In this brief half hour session, we begin by asking what most concerns teachers about the digital wellbeing of their students. We give an overview of our online protocol and curriculum so they can actively partner with us during the student programs. We introduce teachers and administrators to our School Partner Portal which contains additional tools that they can use in the classroom to continue the discussion.

Program Fees

Grade Level Classroom Workshops for K-12 Schools
(2) 50-minute Zoom sessions occurring one week apart = $1,000 per classroom

Grade Level Assemblies for Middle Schools
(2) 50-minute Zoom sessions occurring one week apart = $1,500 (up to 100 students)

Grade Level Assemblies for High Schools
(1) 60-minute Zoom session = $1,500 (up to 100 students)

Parent Program Presentations
75-minute Zoom or in-person* presentation = $2,000 (unlimited adult audience)

Teacher/Administrator Program
30-minute information session = included in package (all staff welcome)

*In-person programs, contingent upon educator availability (Bay Area - $250)
*In-person programs,contingent upon educator availability (CA, outside of Bay Area - $1250)

Subsidization may be available based on student data - [contact us](#) to discuss your school

About My Digital TAT2

My Digital TAT2 is a nonprofit that addresses how to build healthy habits, critical thinking, and thoughtful online behavior in order to integrate technology into our lives in a constructive way. Our mission is to facilitate conversations that help people think critically about their power and responsibility in a connected world.