



My Digital TAT2 | School Programs | 2022-2023

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, SEL standards-based curriculum is unique for each grade and covers topics appropriate and 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 data from the online sphere. In addition, we address how the pandemic has played into the challenges and benefits of technology use, academics, and family relationships.

Student Programs

3rd Grade Curriculum: Manners, Privacy, and Safety | Being Kind and Standing Up for Others

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 | Friendships 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: Personal Power and Your Impact | Media Manipulation and Self-Esteem

This workshop focuses on the social-emotional aspects of digital technology and social media. Students will learn strategies for mindful use, dealing with social cruelty, and taking responsibility for their online reputation. This workshop explores the growing challenges that students face as their world widens and adult supervision decreases.

6th Grade Curriculum: Privacy and Reputation | Mindfulness

Most students use digital media in a positive way, yet there are few rules about how to interact online. Students are encouraged to examine their personal online presence and leave with a deeper awareness of the impact they have on themselves and others along with their power to create a kind and respectful culture.

7th Grade Curriculum | Standing Up to Social Cruelty

Research shows that bullying peaks in the seventh grade. Applying an historical perspective, this workshop encourages students to make connections to their online lives and provides strategies for helping them understand how to be an upstander on and offline. This workshop highlights current

examples of using social media for social good and empowers students to make a difference.

8th Grade Curriculum | Misinformation: Parsing Fact from Fiction

With the proliferation of online mis- and disinformation, the ability to recognize fake news, conspiracy theories, and 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. We help them understand the impact of spreading misinformation on their own reputation and those of others.

High School Curriculum | Managing Risky Behavior and Overuse | Your Online Reputation and Looking Ahead to the Future

We explore topics of sexting, pornography, gaming, toxicity, overuse, and addiction. 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

Raising Digitally Resilient Young People

These presentations explore the rapidly changing digital landscape and how our children use digital devices. The psychological responses to social media will be discussed including digital tethering, technoperfection, and overuse/addiction. As we move from being managers to consultants for our teens, staying actively involved is crucial to raising ethical and responsible digital citizens. Strategies for supporting and staying connected to your tweens and teens will be discussed throughout.

Parent Education for Elementary School

Our children are using technology at younger ages than ever before. We look at this as a window of opportunity when kids are open, receptive, and excited to learn alongside their parents. This is a time when empathy grows and can be nurtured. We believe that harnessing the natural empathy that children have and giving them tools for perspective-taking, safety, and standing up to cruel online behavior will translate to their later social media lives. This workshop will support parents to help their children navigate, self-regulate, slow down and think before they act.

Parent Education for Middle School

This workshop explores the rapidly changing digital landscape and how our children are using social media, gaming, entertainment, and online relationships. The psychological responses to social media will be discussed including digital tethering and techno-perfection. Strategies for supporting and staying connected to our children will be discussed throughout the workshop.

Parent Education for High School

Just as the Google search has replaced the handshake, social media has become the new resume. As we move from being managers to consultants for our teens, staying actively involved is crucial to raising ethical and responsible digital citizens. This session looks at the issues that high school teens

are experiencing and includes topics such as sexting, overuse and addiction, risky online behavior, and how to manage online reputations for college, work, and beyond.

Professional Development

The Psychology of Technology: Supporting Digitally Resilient Young People

Training educators and all stakeholders in the lives of children to understand, support, and mentor students in their digital lives is a cornerstone of the MDT2 program. We believe that the role of teachers as digital mentors helps students deal with the challenges of technology and social media and encourages safe, kind, and ethical use. Our training focuses on enhancing an understanding of a student's digital world through:

- Exploring the rapidly evolving digital landscape, including current apps, trends, and challenges
- Understanding psychological responses to social media
- Responding to difficult issues that impact teachers and administrators in schools
- Analyzing specific case scenarios
- Recognizing and reviewing strategies for advocating, responding, and supporting students to use technology and social media safely and ethically

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 School

(2) 50-minute Zoom sessions occurring one week apart = \$1,500 (for up to 150 students)

Parent Education Presentations

75-minute Zoom or in-person presentation

\$2,000 (unlimited adult audience)

Teacher/Staff Professional Development*

20 minute info session + dialog (generally part of a staff meeting) = included in package

75-minute Zoom presentation = \$2,000 (all staff invited)

*In-person programs + pricing may be available contingent upon educator availability (\$250 fee)

****Subsidization may be available depending 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.