My Digital TAT2 Programs
2020-2021

NOTE: Our curriculum is updated twice yearly and incorporates the latest news, trends, and data from the world of technology. In addition, we are now addressing the new realities of a post-COVID world and how the pandemic has played into the challenges and benefits of technology use.

STUDENT WORKSHOPS AND ASSEMBLIES INTRODUCTION

The MDT2 curriculum for each grade is unique and developmentally appropriate for the age and stage of that group and covers topics and issues specific to students' experiences. Each grade follows and builds on the previous year's learning. For the majority of our schools, we return each year to continue the work with their students as they progress through school. Our emphasis is on early education and prevention. All student workshops are held online and are highly interactive. They consist of two 40-minute sessions taking place approximately one week apart.

STUDENT PROGRAM DESCRIPTIONS

4th Grade Workshop
Part 1: Friendship On and Offline
Part 2: Becoming a Digital Ally
This workshop focuses on friendship with an emphasis on perspective-taking and empathy. It helps students think critically about the information they share, the groups they join, and the power of words to hurt or heal. Through the use of active discussion, videos, and role play, students learn strategies for standing up for themselves and others.

5th Grade Workshop
Part 1: Personal Power
Part 2: Digital Perfection
As students leave elementary school and prepare for middle school, this workshop focuses on the social-emotional aspects of digital technology and social media. Students will learn strategies for mindful use, dealing with online bullying, and taking responsibility for their online reputation. Using guided discussion, videos, and real life scenarios, this workshop explores the growing challenges that students face as their world widens and adult supervision decreases.

6th Grade Workshop
Part 1: Privacy and Reputation
Part 2: Digital Mindfulness
Most students are using digital media in a positive way, yet they live in a world where there are few rules about how to interact online. This assembly focuses on empowering students to be ethical and responsible producers and consumers of digital media. Students are encouraged to examine their personal online presence and leave with a deeper awareness of the impact they have and their power to create a kind and respectful culture.

7th Grade Workshop
Part 1: Standing Up to Social Cruelty
Part 2: Making Connection to Our Lives Today
Research shows that bullying peaks in the seventh grade. This workshop examines the impact of cyberbullying and digital drama on self-esteem and well-being. Applying a historical perspective, this workshop encourages students to make connections to their online lives and provides strategies for helping them stand up to social cruelty both on and offline. This workshop highlights examples of using social media for social good and empowers students to make a difference.

8th Grade Workshop
Part 1: Using Social Media to be an Ally
Part 2: Social Good in Your Community
As students approach their high school years, the importance and impact of their online reputation increases and they have an active role in shaping their digital identity. What they tag, post, blog, and the way they communicate shape how they are perceived by others now and in the future. This assembly encourages students to explore and create their online brand and teaches strategies for creating a positive digital presence.

PARENT PROGRAM INTRODUCTION

Today's students are living in a culture of personal sharing that has changed the concept of privacy. This shift profoundly impacts students in their social, emotional, and academic lives. Most are using social media in a positive way, yet they live in a world where there are few rules about how to behave online. The potential for making online "mistakes" can damage reputation and have long lasting effects. We call these long-term effects a "digital tattoo" - they can be created in an instant, but stay with their owner forever. Your role as a parent is to help your child develop the critical thinking skills they need to manage their own privacy, respect the privacy of others, and use responsible and ethical decision making in their online lives.

PARENT PROGRAM DESCRIPTIONS

Parent Education Presentation for Elementary School: Raising Digitally Resilient Children During Quarantine
Our children are being exposed to 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 perspective taking and empathy are growing 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 in helping their children navigate, self-regulate, slow down and think before they act.

Parent Education Presentation for Middle and High School: Raising Digitally Resilient Teens During Quarantine
Our children have never known a phone that wasn't a camera or a world without technology. Through the use of interactive discussion, videos, and real life scenarios, this workshop will explore the rapidly changing digital landscape and how our children are using social media. The psychological responses to social media will be discussed including digital tethering, techno perfection, and lower capacity for

solitude. Strategies for supporting and staying connected to our children will be discussed throughout the workshop.

Parent Education Presentation for High School: Parenting the Always-on Generation
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, emotional responses to social media, and how to manage online reputations for college, work, and beyond.

TEACHER PROFESSIONAL DEVELOPMENT INTRODUCTION

Our teacher training helps teachers, administrators, and support staff understand the impact of technology and social media on academic learning and the school and classroom environment. For students today, there is no boundary between home and school in the online world. This course is recommended for teachers, administrators, counselors, and staff working with K-12 students.

TEACHER PROFESSIONAL DEVELOPMENT DESCRIPTION

The Psychology of Technology: Supporting Digitally Resilient Young People During Quarantine

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

For fee information, please email our Operations Director, Lillian Hom at Lillian@MyDigitalTAT2.org or click on this link to schedule a consultation at https://mdt2.appointlet.com.

For more information about our work, check out these articles:

Create a Community of Kindness in Your School

Connecting Parents and Kids of the Digital Generation

Good Values Guide Kids — Online or Off

Gen Z's Message to Parents: Put Your Phone Down

Parents of Gen Z'ers Shouldn't Freak Out About Social Media