



GRADE 1

INTRODUCTION

Social media and technology have become an integral part of our lives, offering avenues for social interaction and connecting individuals based on shared interests, values and activities, regardless of time or location. However, it is crucial for our school-age youth to learn how to effectively integrate these tools into their lives. Recent findings from a Statistics Canada report indicate that adolescents aged 15 to 19 face various challenges as a result of their social media use. For instance, 47% of them reported losing sleep, 36% experienced difficulty concentrating, 29% engaged in less physical activity, and 22.8% felt anxious or depressed (Statistics Canada, 2021).

To address these issues, schools can play a vital role in educating students about healthy and responsible media and technology use. As an educator, you have a unique opportunity to assist your students in taking ownership of their digital lives and social media usage. One approach that can aid in this endeavour is Project Reset, which utilizes pre-prepared, evidence-backed lesson plans sourced from [Common Sense Education's renowned K-12 Digital Citizenship Curriculum](#). Each lesson in this curriculum tackles real challenges and digital dilemmas that students encounter today, equipping them with the skills required to become successful digital learners, leaders, and responsible citizens in the future. By implementing these resources and strategies, educators can foster a culture of healthy and responsible media and technology use among students, both within and beyond the classroom.

We acknowledge and credit Common Sense Education's K-12 Digital Citizenship Curriculum for their noteworthy lesson plans, which have played a crucial role in Project Reset. While Common Sense Education's lesson plans were not initially created for our project, their relevance and quality have allowed us to integrate them seamlessly into our initiative. We have combined these valuable resources with our own, creating a comprehensive package for teachers to utilize in schools. We are grateful for their contribution and commitment to fostering healthy screen habits in educational environments. All efforts have been made to ensure proper attribution and compliance with copyright laws.

MATERIALS NEEDED

Classroom Resources

- [Lesson plan \(Common Sense Education\)](#) (*note that if this is your first time visiting Common Sense Education that you will need to create a free educator account to access the resources)

Take-home Resources

- [Family digital media check-up and family media plan worksheets](#)
- Sample e-mail to send home from [Implementation Guide](#)

Sample e-mail Home (in addition, attach the family digital media check-up/media plan document or print and send home with students)