

*** This guide is intended for the staff member initiating or coordinating Project Reset in a school setting.***

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 employs ready-to-teach, evidence-based lesson plans derived from Common Sense Education's renowned K-12 Digital Citizenship Curriculum, combined with family engagement resources, a contest and general resources. 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.

****Please note that the lesson plans and associated resources are meant to be used as tools to help lay the foundation and guide conversations - feel free to adapt and edit as necessary for a particular classroom or school****

WHAT DOES PROJECT RESET INCLUDE?

At this time, Project Reset includes three main components. As a participating school you can choose the components that work best for your school, however we recommend implementing all three components to achieve the biggest impact:

1. Classroom resources - lesson plans selected from Common Sense Education which include presentation slides, handouts and videos for grades K-8.
2. Family engagement resources - sample e-mail home, family digital media check-up and plan.
3. Creative project contest - students in grades 5-8 can create awareness and build messaging around the issues of unbalanced media use, meaningful vs. passive screen use and the impacts these have on health and well-being.
4. Project Reset also has general public resources available for use.

Teachers and Principals may also consider using Manitoba's Literacy with Information and Communication Technology (LwICT) model as an additional resource with Project Reset. Manitoba's LwICT model provides a useful cross-curricular rubric that helps teachers and students think critically and creatively about information and about communication while using technology tools safely, responsibly and ethically.

WHAT STEPS DO I TAKE TO IMPLEMENT PROJECT RESET IN MY SCHOOL?

We have created Project Reset to occur over a 2-4 week period, however this is flexible and we invite you to do what works best for your school or classroom. Here are the suggested steps to follow in order to implement Project Reset:

1. Engage your teachers and direct them to the selected lesson plans for their grade level.
2. Pick a timeframe for teachers to teach the Common Sense Education lesson plans suggested by the Project Reset committee . Ideally, all classrooms will do the Project Reset selected lessons during the same week or two.
3. Create some excitement in your school by selecting a participation booster challenge, such as "classroom with the most returned signed family media check-up and plan tear-off sheets".
4. Complete lessons and participation booster challenge. Send home the family media check-up and plan (during the pilot of Project Reset more success was identified when paper copies of this were sent home).
5. Select the winning classroom from the participation booster challenge (if doing) and award them a fun activity as a prize (eg. an extra-long recess!)
6. Encourage grades 5-8 teachers to have students complete the Creative Project Contest. This could be incorporated into art class or language arts as a writing project.
7. For evaluation purposes please let us know that you participated! Rural schools can contact Tara Smith at TSmith@pmh-mb.ca and Brandon schools can contact Nikki Dean at NDean@pmh-mb.ca.

CREATIVE PROJECT CONTEST DEADLINES

Encourage teachers to submit the contest entries as soon as they are completed to avoid missing the deadline. Contest information can be found on our webpage.

Round 1 - January 29th, 2025 (winners announced February 5th)

Round 2 - April 30, 2025 (winners announced May 7th)

SAMPLE E-MAIL HOME FOR FAMILY ENGAGEMENT

An integral part of Project Reset is engaging and encouraging families to continue the conversations around digital citizenship at home. Working together, schools and families can prepare kids to think critically and use technology in positive, creative and powerful ways. Feel free to use the sample e-mail on the next page to let parents know about Project Reset, and attach the family media check-up and plan document or print and send home with students.

Hello!

Our school/class is participating in Project Reset: Finding Digital Balance, a digital literacy and well-being program led by a committee with representatives from health promotion, mental health, speech language and education. Today we did an activity about finding balance in our digital lives. We talked about different ways to use our time such as active time, learning time, family/friend time and screen time and discussed ways we can balance our time with different activities. One way to help us find balance between on-screen and off-screen activities is to make a family media plan. This is completely optional and not a required part of the project. If you are interested in completing the family media plan it can be helpful to first do a digital media balance checkup on your family. Go through the attached conversation starters and checklist together to see if your media use is balanced, then you can use the family media plan to make some changes if you would like to. The family media plan is a very basic worksheet that you can talk about and complete together as a family. Other examples of family media plans with more options or ideas can be found at:

Common Sense Media family tech planner

Media Smarts media plan

American Academy of Pediatrics media plan

LESSON PLANS FOCUSING ON ONLINE SAFETY

The Project Reset committee's initial focus was on finding digital balance so the selected lesson plans reflect this focus, however the pilot project also highlighted the need for lessons on safe digital relationships and online safety, especially for middle years students. We recommend the following lessons from Common Sense Education to be used instead of the digital balance lessons or as an additional complimentary lesson. The following links take you to the lesson outline, PowerPoint and associated videos/student handouts. Simply create a free educator account to access all of the material.

Grade 5: [Digital Friendships – How do you keep online friendships safe?](#)

Grade 6: [Chatting Safely Online – How do you chat safely with people you meet online?](#)

Grade 7: [My Social Media Life – How does social media affect our relationships?](#)

Grade 8: [Sexting and Relationships – What are the risks and potential consequences of sexting?](#)

ADDITIONAL RESOURCES AND SUPPORT

Media balance and well-being are only one of the six core topics of digital citizenship and we recognize that some educators may want to dive into the other topics with their classrooms. Common Sense Education has developed lesson plans for each grade from K-12 on each of these core topics that are ready-to-teach and simple to implement. For more information click [here](#).

[Media Smarts](#) is a Canadian organization that provides leadership in advancing digital and media literacy in Canadian schools, homes and communities. Their website includes digital and media literacy resources and research to aid in equipping children and youth with critical thinking skills to engage with media as active and informed digital citizens.

Local partners who can provide support in the form of presentations/information sessions to both students and parents:

Brandon Police Service School Resource Officer

The BPS School Resource Officer program is committed to supporting youth and caregivers as they navigate the complexities of the Internet. Screen time has become a forefront concern affecting youth given a heightened vulnerability to forms of intimidation, harassment and exploitation. It is paramount that caregivers appropriately monitor and mentor youth to establish long term safety guidelines that are appropriate to all age groups.

Phone: 204-729-2360

Val Caldwell

Val has been providing presentations on the topic of safety around the use of technology for 16 years. Her personal and professional passion is to provide current and relevant tools and information to children and adults to help them use their various forms of technology and social media as safely as possible. Val addresses the various forms of hidden sexual exploitation that exist in the "virtual world". Val has spoken to well over 40,000 children in grades 4-12 throughout Manitoba and Saskatchewan as well as countless parents, caregivers, and professionals.

E-mail: Valerie2@mymts.net **Phone:** 204-851-2429

RCMP Internet Child Exploitation Unit (ICE Unit)

The ICE Unit investigates crimes pertaining to computers and the internet as they are employed to sexually exploit or endanger children in the province of Manitoba. Youth-generated child sexual abuse materials that are shared because of sexting and sextortion stretch the ICE Unit's investigational resources to their limits at times. In order to mitigate this they have developed a pro-active approach to these situations by being active in communities and educating youth and parents through community/school based presentations about the dangers and consequences of these types of behaviours.

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