



## ***Activity: What is Motivating Me to Send***

**Topics included:** Digital Reputation

**PLEASE BE AWARE:** THIS LESSON MAY CAUSE YOUTH TO THINK ABOUT A SITUATION THEY HAVE ALREADY EXPERIENCED OR ARE CURRENTLY EXPERIENCING. IF THEY HAVE HAD A SIMILAR EXPERIENCE AS OUTLINED BELOW, THEY MAY OR MAY NOT HAVE TOLD A PARENT. PLEASE BE OBSERVANT AND NOTICE ANY CHANGES IN APPEARANCE, BEHAVIOR, OR MOOD.

ANNOUNCE THAT YOU ARE AVAILABLE TO TALK PRIVATELY AFTER CLASS WITH ANYONE THAT NEEDS HELP. TALK WITH ANY STRUGGLING STUDENTS PRIVATELY AND ASSURE THEM YOU CAN HELP. ALWAYS REFER STUDENTS TO THE APPROPRIATE ADMINISTRATOR IN THE SCHOOL TO HELP THE STUDENT AND ALWAYS NOTIFY A PARENT.

### **Lesson Overview:**

This lesson is designed to make students consider the motives behind their posts or messages and assist them in understanding their digital reputations.

### **Key Ideas:**

- A. Not all thoughts should be turned into a social media post
- B. Identifying feelings and how they play into decision-making
- C. Employers and colleges will look at your social media presence

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### **Instructional Activities:**

Often our behaviors are driven by impulse, instant gratification, and/or instant feedback, whether it is positive or negative. Every decision we make and action we take has a consequence, some being positive and others negative. Understanding what motivates us to make a decision or take action is important.

Instructor:

Share the following acronym (SEND?) and then discuss each letter. Role play scenarios (located at end) with students to make these ideas concrete.

**SEND?** – An acronym for helping you decide what you should post/share/text.

<b>S</b>	Stop: before you upload, send or post
<b>E</b>	Evaluate: why you want to share the post, picture, or message
<b>N</b>	Navigate: to the potential end result (who could end up seeing this?)
<b>D</b>	Delete: the unsent post/message
<b>?</b>	Question yourself: Why did I want to post/send that in the first place? What kind of digital reputation do I want to create for myself?

### **Stop**

It's always best to stop and think before doing anything that might have a potentially negative outcome. In life, being able to step back will serve you well.

### **Evaluate\***

Why am I posting this: For attention, to be cruel to someone who has “wronged” me, to make myself look good, to make someone else look bad, to make someone envious or jealous or maybe even to seek help? Whatever the motivation, what might the end result be, and will I truly be satisfied?

\* If you are posting to receive help or support with something, it is always best to go to a trusted adult for help before posting something on social media.

### **Navigate**

Think about potential results and/or consequences. Will what I've posted/messaged hurt someone? Will I look bad? Am I posting/messaging out of anger or jealousy? Could I get into trouble for what I'm posting/messaging? Who could see this post/message? How would I feel if my family saw this post/message? How would I feel if a teacher, counselor, or principal saw this post/message?

### **Delete**

If there is possibly any negative outcome or consequence, DON'T post it. Delete it and try creating constructive content/messages.

### **? / Question Myself**

What kind of reputation do I have with people who personally know me? What kind of digital reputation do I want to have in my future?

**Social-Emotional Learning:**

- A. How do you really feel when you've posted something that hurts someone else?
- B. Why do you think you feel that way?
- C. How would you feel if someone posted something hurtful about you?

**Possible assessment questions:**

- A. What is the acronym you should use before posting anything?
- B. Why should you evaluate your motivation for posting?

**Role-Playing Scenarios**

Instructor: Use the S.E.N.D.? acronym to evaluate the following:

**Scenario 1:** I took a picture with a friend recently at a sleepover. She looked horrible, but I looked great. She really made me mad yesterday, and we haven't spoken since. I think I'm going to post it with the caption "Beauty and the Beast."

**Scenario 2:** I overheard Charlotte tell Devon that she was going to break up with Easton. I'm not sure when it's going to happen, but I've hated him since 4th grade when he got me in trouble for making spitballs. I think I'm going to text everyone in my contacts tonight letting everyone know. I wonder how Easton will feel after that?

**Scenario 3:** We lost the championship game to our archrivals. Two of their best players shouldn't even be on the team, because they should be in high school. They both failed a grade. I'm going to post that the only reason the Rams won is because they have a bunch of flunkies on their team and tag them.

**Scenario 4:** My algebra teacher is so lame. He gave me detention because I didn't turn in my homework. I told him I didn't understand it, but he didn't help me and still gave me detention. I'm posting that Mr. Anders should be fired because he's a horrible teacher who doesn't help his students.

### **Shape the Sky Resources:**

- Pledging to Safeguard for Security  
<http://www.shapethesky.org/pledge/>
- Technology Contract between youth and parents:  
<http://www.shapethesky.org/technology-contract/>

### **Additional Resources:**

- Apologizing for statements made 7 years ago  
<https://www.nbcnews.com/news/sports/heisman-trophy-winner-kyler-murray-apologizes-anti-gay-tweets-n945901>
- Employers using social media to screen applicants  
<https://www.businessnewsdaily.com/2377-social-media-hiring.html>
- Why Colleges Look at Social Media  
<https://www.usnews.com/education/best-colleges/articles/2019-08-22/why-colleges-look-at-students-social-media-accounts>
- A Student's Guide to Personal Publishing  
<https://cyberbullying.org/a-students-guide-to-personal-publishing>