



Welcome to Digital On-Ramps, the SEL + Digital Literacy curriculum for 4th and 5th graders from Cyber Civics. Before we get to your instructions, please take a moment to learn about the key educational standards addressed in these lessons.

SOCIAL EMOTIONAL LEARNING

The concept of Social Emotional Learning (SEL) was put forth by the Collaborative for Academic, Social, and Emotional Learning (CASEL) in 1994. It defines SEL as the process through which youth “acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.” There are five core competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making. A meta-analysis of 213 school-based SEL programs finds they significantly improve skills, attitudes, behaviors, school climate and safety, peer relationships, and academic achievement.¹ SEL competencies are in high-demand online too!

DIGITAL LITERACY

Digital Literacy is defined as a “wide variety of ethical, social and reflective practices that are embedded in work learning, leisure and daily life.”² We like to think of digital literacy as a broad umbrella that covers digital citizenship, information literacy, and media literacy (all of these literacies are covered in our comprehensive [middle school curriculum](#)). Digital On-Ramps is just what the name implies, an on-ramp to online life that prepares students for its huge challenges, and opportunities—and for our middle school curriculum.

EDUCATIONAL STANDARDS

Lessons are aligned with the Common Core State Standards for English Language Arts for 4th and 5th grades,, ISTE Standards for Students, and are CIPA Compliant.

WHY START WITH VALUES?

Values are like a compass that can guide us online and off. They promote character development and help students become well-rounded individuals. By defining their personal values, students gain a compass to guide them through tricky situations. Our value lessons come in pairs: the first explores the value offline, while the second describes its “value” online.



1. Durlak JA, Weissberg RP, Dymnicki AB, Taylor RD, Schellinger KB. The impact of enhancing students' social and emotional learning: a meta-analysis of school-based universal interventions. *Child Dev.* 2011 Jan-Feb;82(1):405-32. doi: 10.1111/j.1467-8624.2010.01564.x. PMID: 21291449.

2. MediaSmarts.

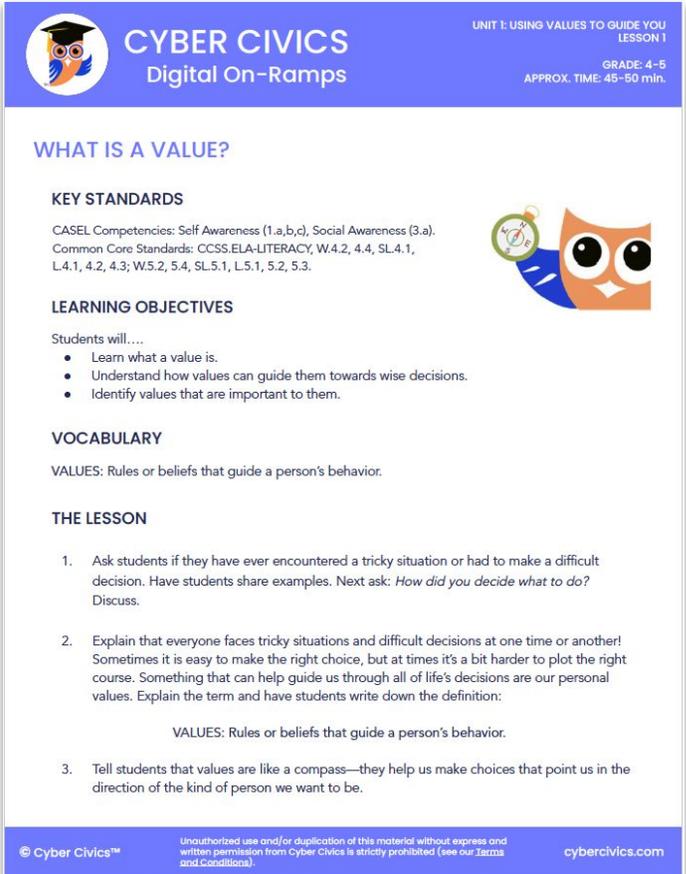
ABOUT THE CURRICULUM

Lessons take about 45-50 min. to complete, and they all include an activity. Some lessons/activities will take more than one class period, and some may include homework. Every lesson includes a very short video featuring our intrepid Cyberwise owl (who is just learning to use the Internet too!). You don't have to show the videos in class either. You can send the video URL home for families to watch together at home (we provide you with the URL).

Although the curriculum is intended to be taught sequentially, it is also flexible. You can pull out lessons when they work for your unique group of students. Every lesson is flexible too, giving you options for group activities and discussion vs. independent work and reflection. We know you know your students best!

Here are the key elements of every lesson plan:

- Key Standards, Learning Objectives, and Vocabulary appear near the top of the lesson plan.
- Under "The Lesson" are your step-by-step instructions on how to deliver the lesson and lead class discussions.
- There's the option to screen the video that comes with each lesson (recommended) and/or simply discuss its main points (outlined under "The Lesson"). Either way, be sure to discuss!
- A student activity is included with every lesson. These can be conducted as a group or assigned as independent work.



CYBER CIVICS
Digital On-Ramps

UNIT 1: USING VALUES TO GUIDE YOU
LESSON 1

GRADE: 4-5
APPROX. TIME: 45-50 min.

WHAT IS A VALUE?

KEY STANDARDS

CASEL Competencies: Self Awareness (1.a,b,c), Social Awareness (3.a).
Common Core Standards: CCSS.ELA-LITERACY, W.4.2, 4.4, SL.4.1, L.4.1, 4.2, 4.3; W.5.2, 5.4, SL.5.1, L.5.1, 5.2, 5.3.

LEARNING OBJECTIVES

Students will

- Learn what a value is.
- Understand how values can guide them towards wise decisions.
- Identify values that are important to them.

VOCABULARY

VALUES: Rules or beliefs that guide a person's behavior.

THE LESSON

1. Ask students if they have ever encountered a tricky situation or had to make a difficult decision. Have students share examples. Next ask: *How did you decide what to do?* Discuss.
2. Explain that everyone faces tricky situations and difficult decisions at one time or another! Sometimes it is easy to make the right choice, but at times it's a bit harder to plot the right course. Something that can help guide us through all of life's decisions are our personal values. Explain the term and have students write down the definition:

VALUES: Rules or beliefs that guide a person's behavior.
3. Tell students that values are like a compass—they help us make choices that point us in the direction of the kind of person we want to be.

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DELIVERING DIGITAL ON-RAMPS AT HOME

If you are a parent/guardian or homeschooler delivering Digital On-Ramps at home, simply follow the instructions as a teacher in the classroom would.

Watch the videos together with your children, and discuss them. You can have your children do the activities outlined in the worksheets independently or use them as discussion guides to talk to them about the topics in each lesson.

USING YOUR ONLINE PORTAL

If you are reading this guide within the online portal, you've already navigated the easy task of setting up your own account. Here you will find everything you need to successfully teach Digital On-Ramps.

In the upper left hand corner of the screen you'll see the "Lessons" icon:

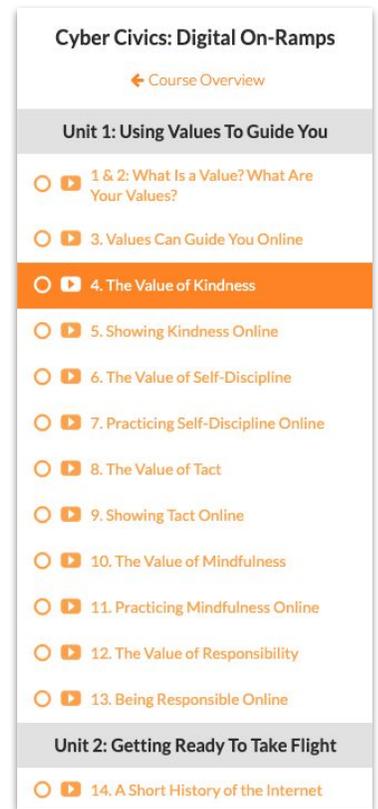
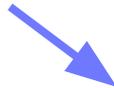


Clicking on it takes you to this dropdown menu of all the lessons.



As you move through the curriculum, the orange circles will fill in to tell you which lessons you've already taught.

Simply click on the lesson you want to teach and you'll be taken to a page that looks like this.



5. Showing Kindness Online

STUDENT VIDEO

How Do You Show Kindness Online?

Copy link

SHOWING KINDNESS ONLINE

Watch on YouTube

Summary

About this lesson:

In this lesson students discover how important it is to show kindness online.

How to teach this lesson:

Download the lesson plan below. This is your guide to teaching the lesson. It will also indicate when to play the student video (if you play it from this portal, simply hit the button on bottom right to make it full screen). If you do not show videos in the classroom, send this link to parents so students can watch the video (with them) at home: <https://youtu.be/pivnzbJQ2uo>

Downloads

5. Showing Kindness Online.pdf

Read the short summary and download the Lesson Plan (under "Downloads"). If you opt to show the video in class (highly recommended), you can play it from the portal (make it full screen by clicking  at bottom right). You can also play it via YouTube (we provide you a private subscriber link under "Summary").

If you opt not to show the video in class, your Lesson Plan tells you how to summarize the video's key points for students. You can also share the link with families, so that student and parents/guardians can watch the videos together at home and discuss!

THE CURRICULUM

Digital On-Ramps is delivered in three units as follows.

Unit 1: Using Values to Guide You

Students are faced with all sorts of challenges, online and off. One thing that can guide them towards making wise decisions are their personal values. This unit explores some important ones:



- What Is a Value?
- What Are Your Values?
- Values Can Guide You Online
- The Value of Kindness
- Showing Kindness Online
- The Value of Self-Discipline
- Practicing Self-Discipline Online
- The Value of Tact
- Showing Tact Online
- The Value of Mindfulness
- Practicing Mindfulness Online
- The Value of Responsibility
- Showing Responsibility Online
- The Value of Cooperation
- Learning to Cooperate Online

Unit 2: Getting Ready To Take Flight

As students begin to use technology, they should know the basics! This includes understanding the Internet, knowing how search works, learning basic device care, and more.



- A Short History of the Internet
- How the Internet Works
- Let's Get Ready To Search
- Going Through Your Search Results
- Browsing Wisely
- Taking Care of Your Devices
- Finding Just the Right Balance

Unit 2: Getting Ready To Take Flight

As students begin to use technology, they should know the basics! This includes understanding the Internet, knowing how search works, learning basic device care, and more.

- Lesson 16: A Short History of the Internet
- Lesson 17: How the Internet Works
- Lesson 18: Let's Get Ready To Search
- Lesson 19: Going Through Your Search Results
- Lesson 20: Browsing Wisely
- Lesson 21: Taking Care of Your Devices
- Lesson 22: Finding Just the Right Balance



Unit 3: You Online!

Going online requires a lot of responsibility, as young people discover in this Unit.



- Lesson 23: What Does It Mean to "Be Online"?
- Lesson 24: Having an Online Presence
- Lesson 25: What is Personal Information?
- Lesson 26: Think Before You Post
- Lesson 27: Asking For & Getting Consent
- Lesson 28: Communicating Online
- Lesson 29: Managing Your Emotions
- Lesson 30: Managing Your Emotions Online

Unit 4: Truth or Fiction

A short unit media literacy unit to help young students evaluate online information.

- Lesson 31: Is It True? Or Not?
- Lesson 32: Understanding Another's Perspective

Unit 4: Online Safety

Before students begin connecting with others, doing research, or even playing games, they should be equipped with essential knowledge that can keep them safe.

- Lesson 33: Keeping Safe From Cyberbullying
- Lesson 34: Keeping Safe From Scams
- Lesson 35: Keeping Safe From Strangers
- Lesson 36: Opening Your First Account
- Lesson 37: A Word About Passwords
- Lesson 38: Are You Really Ready?



ADDITIONAL RESOURCES

We offer an array of additional resources that make teaching these lessons a breeze:

- **Any Time Support:** Just [send us an email](#) to schedule 1:1 support whenever you need it. You'll also get a monthly newsletter announcing updates.
- **Parent Presentations:** Let our experts talk to your community about technology, online safety, and kids. Subscribing schools like yours get presentations at a discount. [Learn more](#).
- **Educator Professional Development Workshops:** Let us help you successfully implement the curriculum by scheduling a P.D. for teachers on digital citizenship, information literacy, or media literacy. We've helped hundreds of schools and districts get started. [Learn more](#).
- **Educator Facebook Group:** Join the private group where teachers share best practices: <https://www.facebook.com/groups/cybercivics/>
- **Book About Cyber Civics:** "[Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology](#)" (Harper Collins Leadership), by Cyber Civics founder Diana Graber, explains the curriculum in detail. We encourage parents and teachers to gather and talk about the challenges of raising and teaching children in a digital world using the book's [free discussion guide](#).
- **Social Media Kit:** Share our [social media kit](#) with the outreach person at your school and/or community. Be proud of your school's commitment to teaching digital literacy.



For Your Parents:

- **Cyberwise Website:** We offer a website for parents packed with info on technology and kids: www.cyberwise.org
- **Cyberwise Newsletter:** Sent every 2 weeks, a newsletter for parents offers tips and resources just for them. Have them sign up here: <http://bit.ly/CyberwiseNews>



Please let us know how we can help you engage your entire community in Cyber Civics!

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