Meet Legs: Being an Upstander Online & Offline



Digital Citizenship & Social-Emotional Learning

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Checking Our Emotional Dashboard

How do you feel today? Hold up 1, 2, 3, or 4 fingers.

1 Calm



2 Excited



3 Sad



4 Frustrated



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Your Mission Briefing



How do you stand up for people you care about?

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The Hero's Lexicon: Essential Vocabulary



Upstander

Someone who speaks up or helps when they see something wrong.



Community

People who share interests, online or in person.



Respect

Treating others with kindness.



Cyberbullying

Using technology to hurt or upset someone on purpose.

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Meet Your Mentor: Legs from the Digital Citizens



Information Sidebar

Profile:

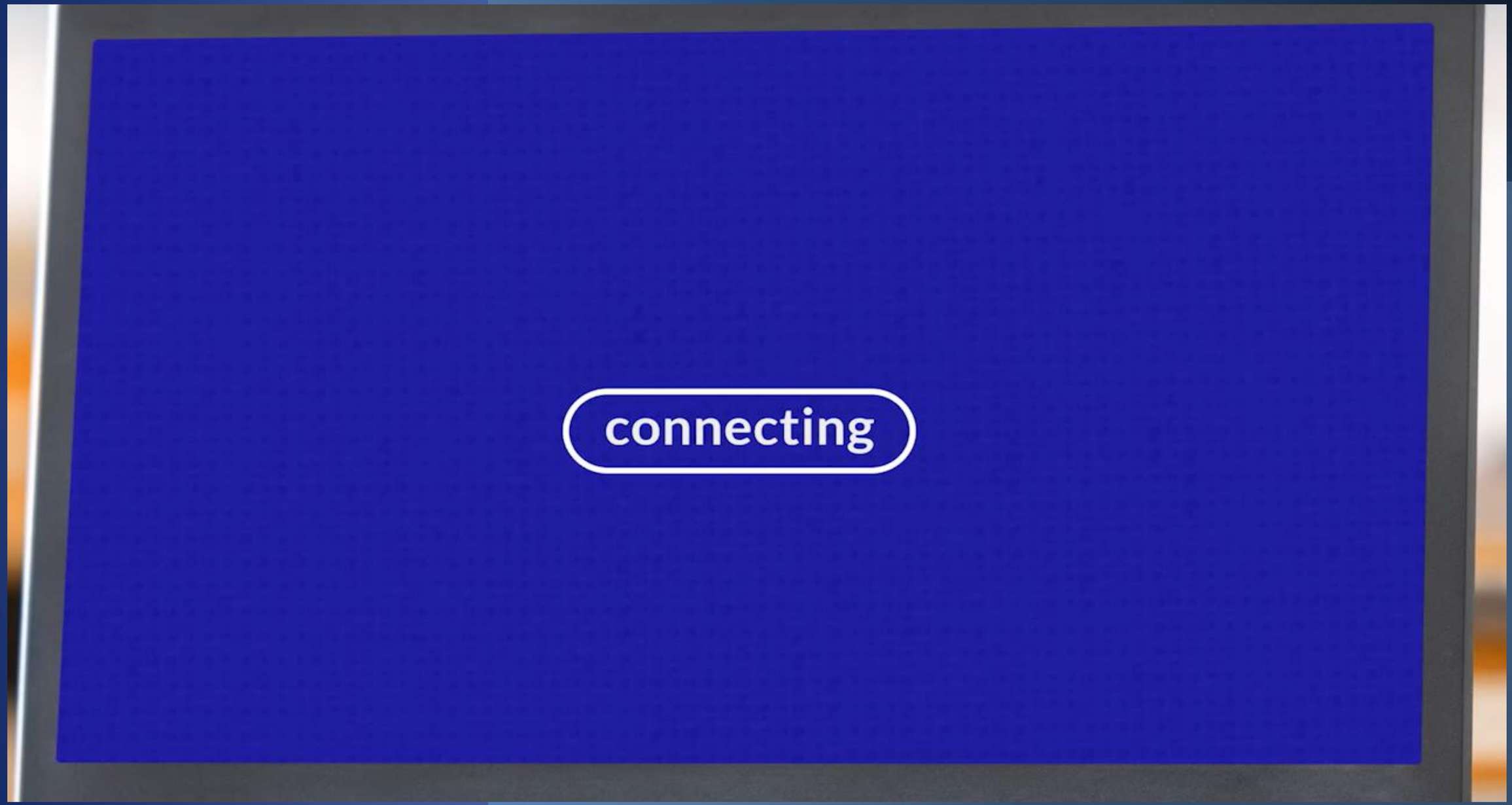
Legs uses his tall legs to stand up for people who are feeling sad or left out.

Quote:

“Standing up for friends is important to me. It’s a great way to show others you care.”

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Meet the Digital Citizens: Legs | Common Sense Education





https://forms.gle/PENwUAnc69VbjwVe9

Unlocking Your Upstander Superpowers



Power 1: Kind Words

Send a nice message to someone who is hurting.



Power 2: Ask for Help

Talk to a trusted adult. (This is brave, not tattling!)

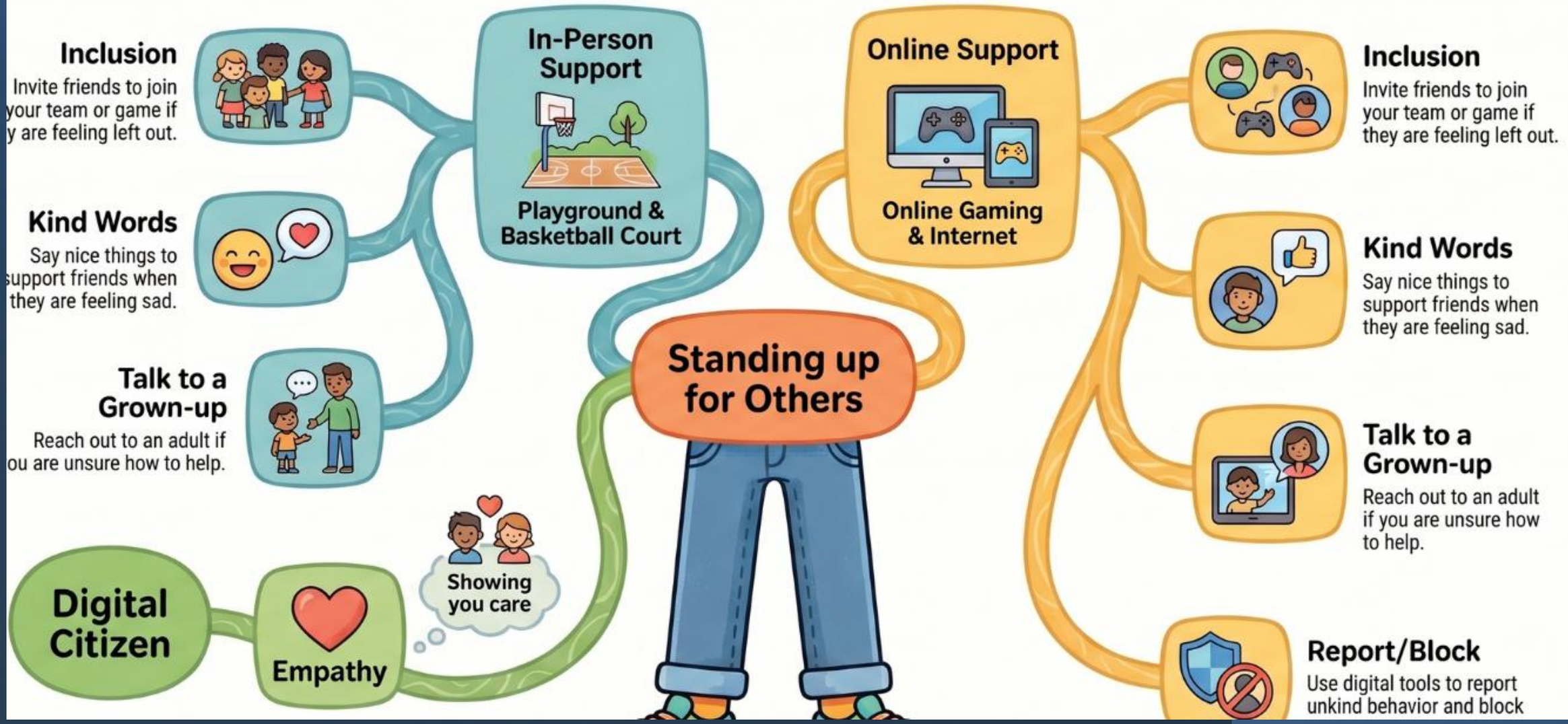


Power 3: Inclusion

Invite someone who is left out to play or chat.

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Standing Up for Others: A Digital Citizen's Map



Trial 1: The Group Chat Lockout

The Situation



Situation: A classmate is repeatedly kicked out of an online multiplayer game and the group chat.

Choose Your Action

Option A:
Ignore it. It's just a game.

Option B:
Use your "Inclusion" power.
Invite them to a new game and send a kind message.

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Trial 2: The Mean Social Post

The Situation



Situation: Someone posts mean rumors and an embarrassing photo of a classmate online.

Choose Your Action

Option A:
Laugh and share the photo so others can see.

Option B:
Use your "Help" power.
Report the post, tell an adult, and check on your classmate.

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The Anatomy of an Upstander: Pause & Think Online



Use your **legs** when you're online.

Stand up to **bullies** who cross the line.

You can help friends big or small. Just lend an ear, and stand up tall!

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Pause and Think Online.mp3

Pause & Think Online

Lyrics by Leigh Hallisey & Common Sense Education



Use your head when you're online
Most especially your mind
Think about the things you see
Ask good questions—that's the key



Use your arms when you're online
To take a break and balance time
And leave your tech behind
When you find yourself a tree to climb

From your head down to your toes, pause, think about it.
From your feet up to your nose, pause and think online.



Use your gut when you're online
Pay attention to its signs





Commit to Your Quest: The Upstander Pledge



My Upstander Pledge

I can be an upstander by _____.

SAVE PLEDGE
OR
COMPLETE QUEST

(Take 2 minutes to write your pledge and share it with the class!)

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