Healthy Digital Habits: Helping Teens in an Online World

A Digital Toolkit for DonorsChoose

Child Mind Institute

CYBHI
Children and Youth
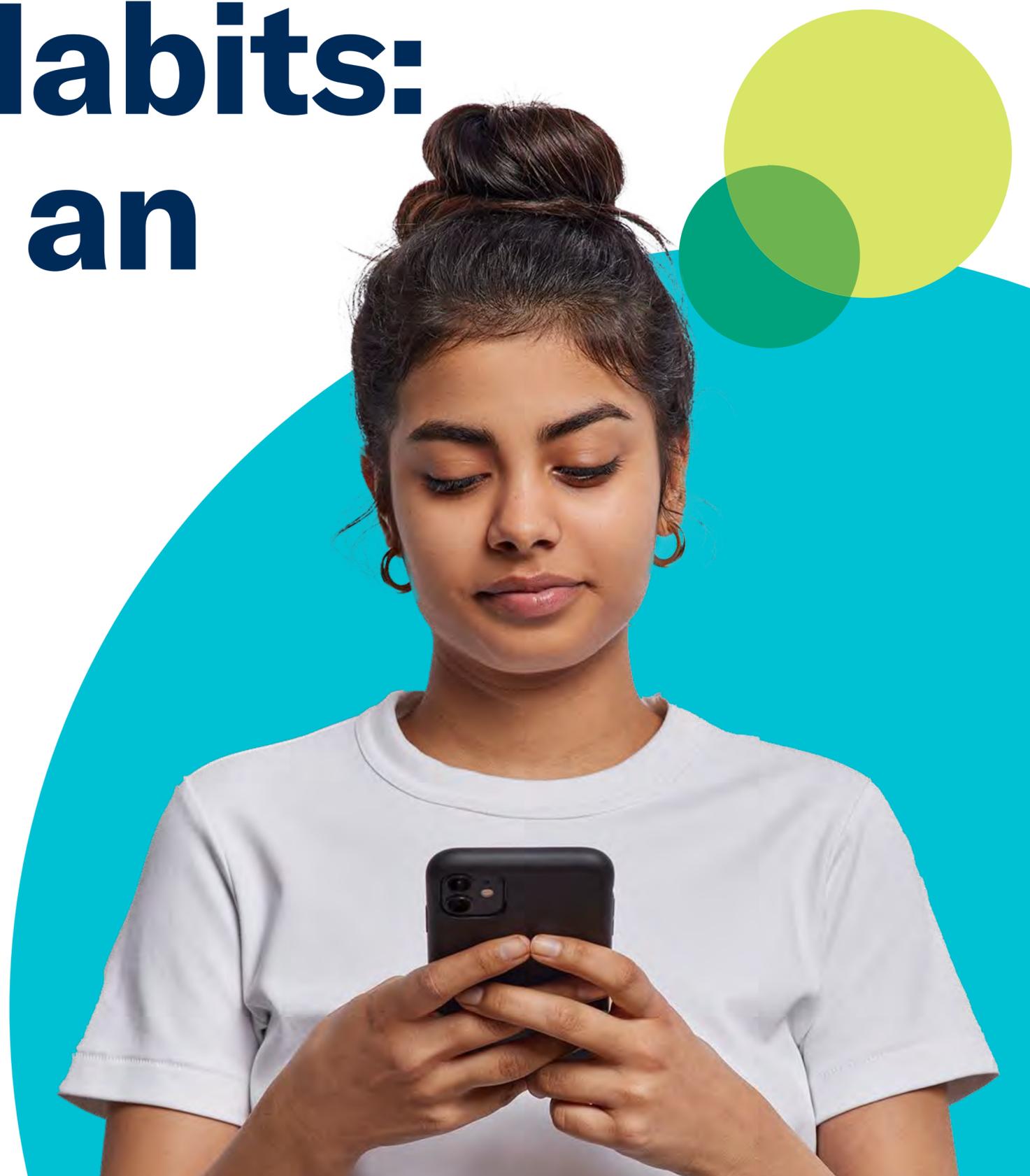Behavioral Health Initiative

Healthy Digital Habits Toolkit

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Teach a Lesson. Share Feedback. Earn $400.

California 9th–12th grade teachers who teach the Healthy Digital Habits lesson and complete a short feedback survey will receive $400 in DonorsChoose credit.

What's inside

Getting Started

Welcome

Thank you for joining the DonorsChoose Classroom Rewards Program. This toolkit is designed to make it simple for you to deliver a 20-minute classroom activity that fits into a single class period.

In this guided lesson, your students will learn about balanced technology use, online safety, and digital literacy, with a focus on how digital habits affect mental health. The materials also address how patterns such as social media overuse, gaming, video sharing, and binge-watching can become problematic, while offering practical strategies and resources to support healthier technology use.

Donors Choose Reward Checklist

- ✓ Review the 20-minute lesson plan.
- ✓ Download / print student and teacher materials.
- ✓ Administer polls before and after the lesson.
- ✓ Deliver lesson in class using videos + worksheets.
- ✓ Complete and submit DonorsChoose survey.

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Lesson Plan

The Lesson is designed to fit into a single **20-minute class** period and comes with everything you need, including a lesson plan, video links, polls, and worksheets. Materials are flexible for both digital and printed use, ensuring easy integration into any classroom setting.

Lesson Structure

2 min → Introduction & Pre-Lesson Poll

8 min → Video 1 & Discussion

8 min → Video 2 & Discussion

4 min → Post-Lesson Poll & Reflection

✳ You don't need to be a mental health expert—just guide students using the provided prompts and tools.

Download Lesson Plan →

Classroom Videos

Digital Habits Video 1 `5:20`

In this video, students learn how everyday digital habits shape their technology use and overall well-being.

Digital Habits Video 2 `4:58`

Our second video focuses on managing stress connected to technology use.

Download Classroom Videos →

In-Class Survey

Before and after the lesson, you'll ask students a few quick questions to check what they know about mental health resources and journaling techniques.

Administering the Poll

- Give one poll before the lesson and one after.
- Read each question aloud to students.
- Ask students to raise their hands with their answers.
- Tally responses and record them.
- After the lesson, enter the poll results in the DonorsChoose survey.

Be sure to enter your results in the DonorsChoose survey so you can receive your $400 reward.

Download In-Class Poll →

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Student Handouts

These handouts are designed to help teens recognize the importance of caring for their mental well-being.

Key Documents

My Digital Blueprint

A guided worksheet for students to reflect on and improve their relationship with technology.

Wordbank

A reference guide with key terms and ideas to help students plan for healthier technology use.

FAQs

Answers to common questions about healthy digital habits.

Download the Handouts →

Thank you.