

Healthy Digital Habits: Helping Teens in an Online World

A Digital Toolkit
for DonorsChoose

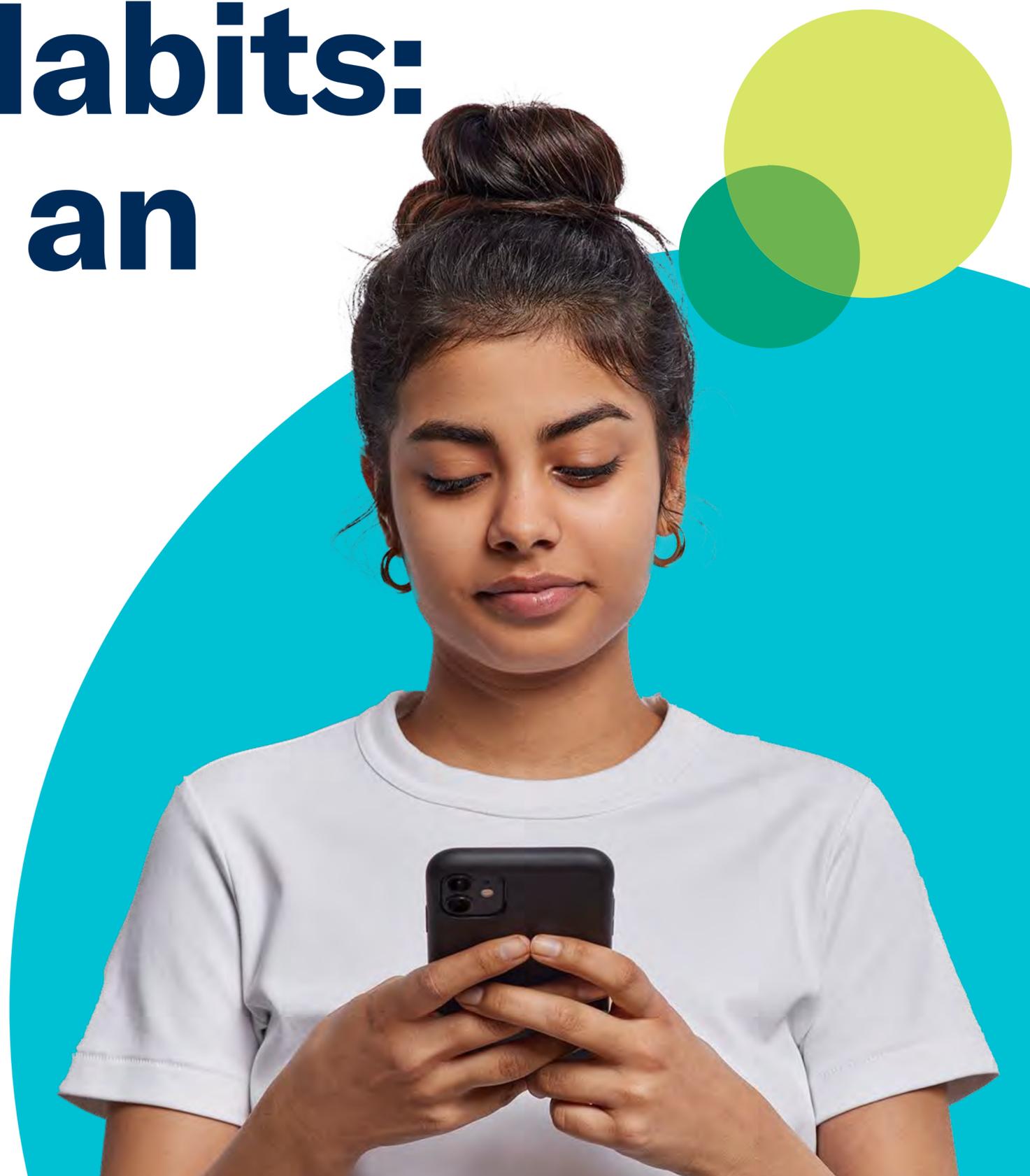


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**Teach a Lesson.
Share Feedback.
Earn \$400.**

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

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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.

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 →



Balanced Technology Use and Digital Well-Being

In this guided lesson, students will learn about balanced technology use, online safety, digital literacy, and the impact of digital habits on mental health. The lesson will also highlight the potential for problematic patterns and addiction to develop with various forms of technology, including social media, gaming, video sharing, and binge-watching while emphasizing strategies for healthy management and resources for help.

The lesson has five sections:

1. Pre-lesson poll (2 minutes)
2. Video 1: Staying Balanced Online (~3 minutes)
 - o Discussion and reflection (5 minutes)
3. Video 2: Managing Tech Stress (~3 minutes)
 - o Discussion and reflection 2 (5 minutes)
4. Post-lesson poll (2 minutes)
5. Wrap-up and Discussion (2 minutes)

Start with a pre-lesson poll to assess students' knowledge. Then, show the first video about balanced technology use, followed by a discussion and reflection session. Next, play the second video on managing tech stress and engage students in another discussion. End the lesson by repeating the poll to measure learning gains and concluding with a final wrap-up discussion.

In total, this lesson should take about 20 minutes.

Prepare: Before the lesson, print the handouts provided and ensure you have a way to show videos with sound to the class.

Materials:

- Teacher Worksheet with [pre- and post-lesson polls](#) (Sections 1 and 6)
- Video 1 - [Staying Balanced Online](#) (Section 2)
- Video 2 - [Managing Tech Stress & Next Steps](#) (Section 4)
- Student Handouts ([Personal digital blueprint](#), [word/phrase bank](#), and [FAQ](#)) (Sections 3 & 5)

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](#) →

Child Mind Institute

Balanced Technology Use - Class Survey

Ask students the below questions before and after the lesson. Have kids put their heads down, eyes closed, and raise their hands for confidentiality. Tally how many hands are raised for the correct answers. You will need to record these answers to submit with an online survey after the lesson.

How many students are in your class today?

Survey Questions

		Pre-lesson		Post-lesson
Spending one hour or less on social media per day automatically means someone has a healthy relationship with technology.	False	<input type="checkbox"/>	False	<input type="checkbox"/>
If you see someone online posting content that might be harmful to themselves or others, but you're not sure, it's always best to report it just to be safe.	False	<input type="checkbox"/>	False	<input type="checkbox"/>
I can name at least two strategies to help manage my screen time (e.g., using app timers, turning off notifications).	I disagree	<input type="checkbox"/>	I disagree	<input type="checkbox"/>
Most information you read online, even from friends, is accurate and unbiased.	False	<input type="checkbox"/>	False	<input type="checkbox"/>
My online actions create a "digital footprint" that can be viewed by others, now and in the future.	False	<input type="checkbox"/>	False	<input type="checkbox"/>
People can develop an unhealthy dependence or even an addiction to technology only through social media, not through gaming or binge-watching.	False	<input type="checkbox"/>	False	<input type="checkbox"/>
Which of the following can be addictive?	All of the above	<input type="checkbox"/>	All of the above	<input type="checkbox"/>
After this lesson, I am more likely to try at least one new strategy to manage my screen time.	Strongly Disagree	<input type="checkbox"/>	Strongly Disagree	<input type="checkbox"/>

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.

