

Grades 6–12

My Values & Tech



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CENTER FOR
DIGITAL
THRIVING





Essential Question

What are *my values*, and how do media and tech impact them?



LEARNING OBJECTIVES

1

I will reflect on my personal values and what's most *important to me*.

2

I will consider how different values are supported and/or compromised by *tech*.

3

I will learn about connections between our values, behaviors, and *well-being*.



REFLECT

What are values, and how are they formed?

What are some examples of values?





Key Vocabulary

Values — Principles or personal rules that are important to us and are informed by our experiences, identities, cultures, and much more

Values

(Listed in alphabetical order)



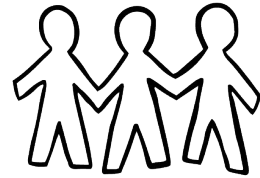
Authenticity

being myself, being genuine,
knowing who I am



Balance

being intentional about
my time and focus



Connection

building and keeping
close relationships, being
there for friends and family,
making new friends



Values

(Listed in alphabetical order)



Emotional Health

accepting myself for who I am,
mental health, self-confidence



Gratitude

appreciating the life
and things I have



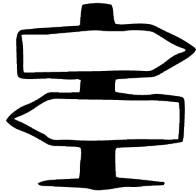
Hard Work

striving academically, taking
steps toward my future career



Values

(Listed in alphabetical order)



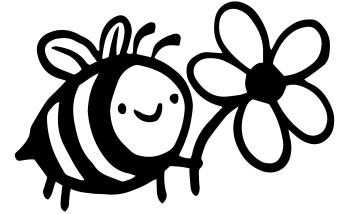
Independence

thinking for myself,
making my own decisions



Justice

standing up for
what is right and fair



Kindness

being considerate, helpful, and
caring—to myself and others.



Values

(Listed in alphabetical order)



Open-Mindedness

willing to consider new ideas,
listen to others, learn and grow



Physical Health

taking care of myself
physically, including sleep,
food, and movement



Presence

being present in the moment,
giving people my full attention



Values

(Listed in alphabetical order)



Privacy

having boundaries,
respecting others' boundaries,
protecting myself



Spirituality

leaning into my faith,
spirituality, and/or
enlightenment





ACTIVITY

My Values Sort

1. Review the list of values.
2. Brainstorm values that you think are missing from the list and add any additional ones to your list.





PAIR SHARE

Reflect

While you were sorting your values:

1. What did you notice?
2. What were you thinking?
3. How did you feel?



GROUP ACTIVITY

Values Posters

Step 1. Quietly look at all the values posters on the wall.

Step 2. Use your *blue dots* or a blue marker to vote for the values you think tech supports or makes easier. You have 5 votes and can use them however you want.

Step 3. Use your *orange dots* or an orange marker to vote for the values you think tech makes harder or worse. You have 5 votes and can use them however you want.



PAIR SHARE

Class Voting Reflections

1. What do you notice? What does this activity spark in your thinking?
2. Which values have mostly or only orange dots? Which have mostly or only green? Are there values that have mixed blue and orange dots?
3. How do our phones support values that are important to us? How do they make it harder or interfere?
4. Think about the apps you use most. How do they support or hinder your values?



Key Vocabulary

Digital well-being – Experiencing media and technology in ways that support one's mental, physical, social, and emotional health.



REFLECT

Tech and Your Values

I care about _____, but tech makes it harder because _____.

I care about _____, and tech can help because _____.

⇒ WE CAN THRIVE IN A
DIGITAL WORLD. ⇐



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