



**WABE**

# **DIGITAL CITIZENS**

**Digital Well-Being for Youth**



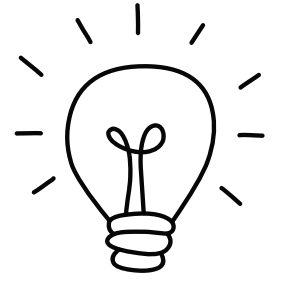


# OBJECTIVES

- Identify the thinking traps you feel are most common in your age group or that you struggle with the most when using tech.
- Create original media content that shows these thinking traps and how to overcome them.



# What are Thinking Traps?



1. What is a thinking trap?
2. What are the 5 thinking traps mentioned in the video?
3. What are some tips to avoid falling into thinking traps?
4. Digital well-being was discussed in the "Thinking Traps" lesson. This is when you experience media and technology in ways that support your mental, physical, social and emotional health. How does media and technology - especially your phone and social media - cause people to fall into thinking traps, hurting their digital well-being?
  - Examples of additional questions you could ask:
5. Dr. Ruth Smith said in the video, "It's a distorted way of thinking about either yourself or the world around you." What does she mean by this?
6. Which thinking trap is tough for you? Why?
7. Why do psychologists recommend watching TV when dealing with thinking traps?

# Thinking Traps

## All-or-Nothing Thinking



When you make big generalizations. (Keywords: all, always, never, none, everyone, nobody, etc.)

## Shoulds



When you think about what you "should" (or shouldn't) do or be like. (Keywords: should or shouldn't.)

## Personalizing



When you put the blame on yourself or assume something about you.

## Labeling



When you use negative labels for yourself. (Keywords: 'I'm a...' followed by a negative word.)

## Fortune Telling



When you assume you know what's going to happen, and it's going to be bad!

## Mind Reading



When you assume you know what someone else is thinking or feeling.

## Negative Filter



When you focus only on the negatives

Thought	Thinking Trap
"My friend didn't reply to my text. She is clearly mad at me."	Mind Reading
"My post didn't get that many likes. I'm a failure."	Labeling
"All my friends have better lives than me."	All-or-Nothing
"My friend posted that they're feeling sad. It must be my fault."	Personalizing
"I can't stop thinking about that one negative comment."	Negative Filter
"I was up late last night playing video games instead of studying for my test. I know I'm going to fail my test later today."	Fortune Telling
"I should respond to friends' messages immediately."	Shoulds

# Group Activity

Pick from the following two activities. Note: the debate will take about 5 minutes longer than the gallery walk.

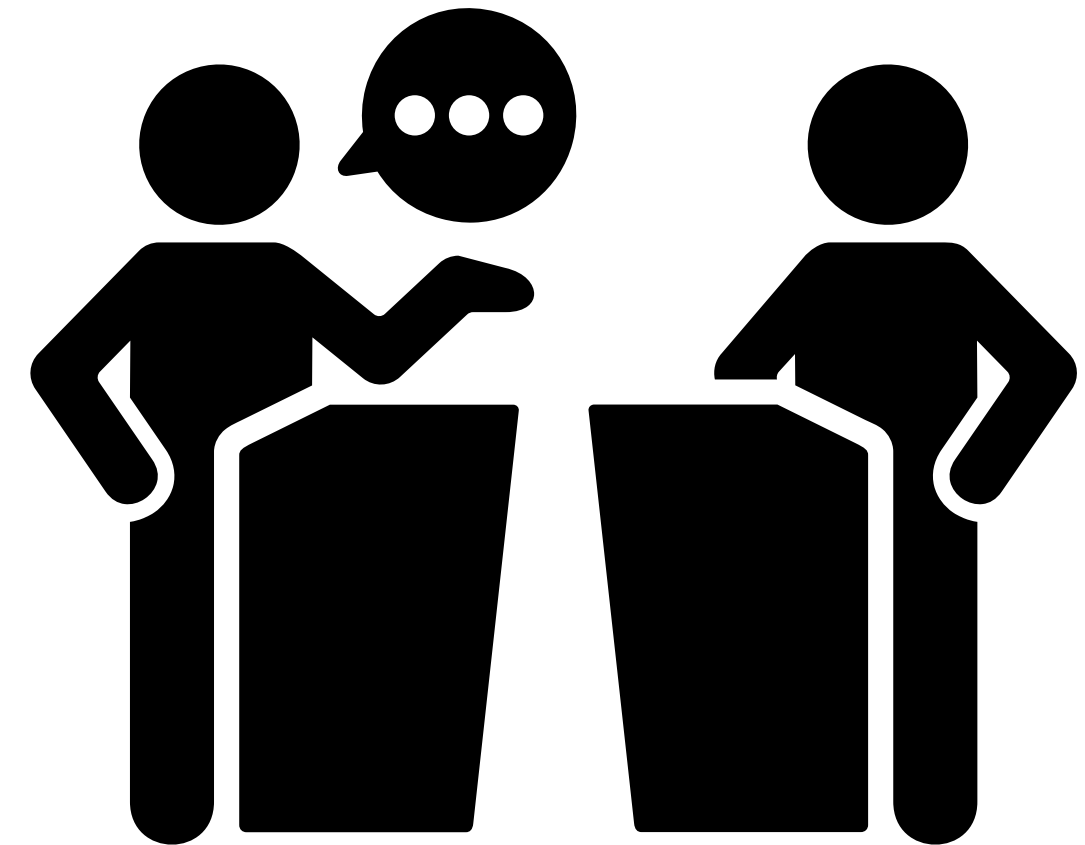
- Option 1 - Debate
  - Each person is required to share at least 1 statement. For groups with less than 5 people, you will need to each say at least 2 statements.
  - 2 statements shared by your group need to address why the thinking trap hurts people's digital well-being.
  - You may want to practice and time your group to stick to the 1 minute statement requirement. The debate portion is back and forth between groups, so you'll save your digital well-being



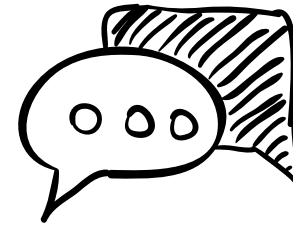
# Debate Guidelines

Pick from the following two activities. Note: the debate will take about 5 minutes longer than the gallery walk.

- Each person in your group write down a statement of why your thinking trap is so common and dominant for your age group when they're on social media, texting, or making a phone call. Share them with each other so there's no repeat statements.
- As a group, come up with a reason you feel the thinking trap hurts people's digital well-being. There should be at least 2 reasons written down. (You could just pick 1 or 2 people to come up with these.)



# Debate Format



Pick from the following two activities. Note: the debate will take about 5 minutes longer than the gallery walk.

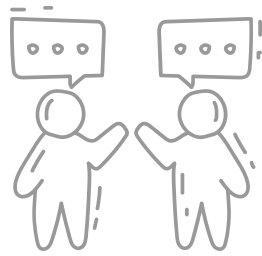
Examples:

“You think ‘all-or-nothing thinking’ is most common, but you know with mind reading, people make assumptions for what others think as soon as they look at how many likes they got or a comment someone made on their post.”

“Labeling hurts your digital well-being more than personalizing because if you are calling yourself dumb because you only got two likes or someone made a negative comment, that hurts more than assuming your boyfriend is annoyed with you because he didn’t respond to your text after 5 minutes.

2 questions each group will answer: How or why is the thinking trap you chose so common and dominant for your age group when they’re on social media, texting, or making a phone call? How does your thinking trap hurt people’s digital well-being?

- 1.(1 minute) 1st group shares their statements.
- 2.(1 minute) 2nd group shares their statements.
- 3.(1 minute) Debate: Groups challenge each other by stating why their thinking trap is stronger and why they feel that thinking trap is more damaging to people’s digital well-being than the other group’s. Taking something that the other group said to argue



# HOLD DEBATES

Following the 3 minute debate guidelines, timing and stopping after each minute, be sure to time each group and move the groups along to try to stick to the 3-minute time limit. If you have the class time, you can give groups longer to debate. A 2 minute cushion is built into this 20 minute segment.

After each group, ask the class who they think won the debate based on which group had stronger arguments. You can vote by a show of hands and count each vote (be sure to record them to determine who will debate the last group), or you can create a [Kahoot](#) beforehand and have students vote anonymously. By the 4th debate, you will have them go against the group that got the most votes.





# DEBATE TIME



# Group Activity

Pick from the following two activities. Note: the debate will take about 5 minutes longer than the gallery walk.

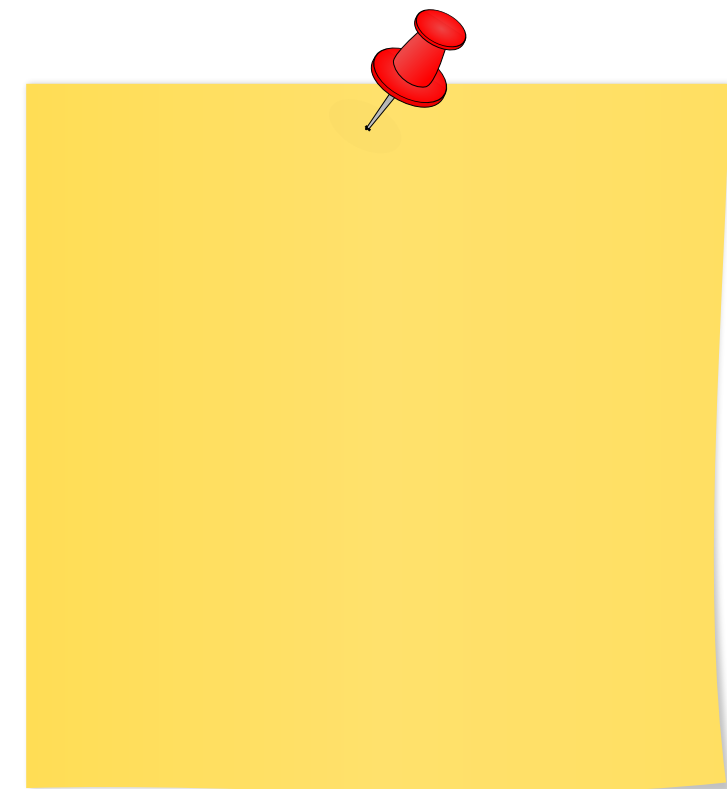
- Option 2 - Gallery Walk
  - You will see the 7 thinking traps we discussed on the wall. You will each have 2-3 post-its.
  - You will write on each post it your answer to any of the following questions for any of the thinking traps you would like.
  - I will read these aloud afterwards, you can put your name on it or choose another identifier to be shared with only me



# Gallery Walk Post It Questions

Pick 1 question to answer on 1 of your post its. You can pick different thinking traps to write about or the same one for each post-it.

- Why do you struggle with that thinking trap? And share an example of how you struggle.
- Which thinking trap do you feel is most common and dominant to your age group and why?
- How do you feel a particular thinking trap is damaging to people's digital well-being?



# Decide Which Thinking Traps You Will Showcase



For each thinking trap you select, you will show:

- What is the definition of this thinking trap?
- Example of how the thinking trap occurs when on social media or with texts or phone calls.
- How does the thinking trap hurt people's digital well-being?



# HOW TO FORMAT YOUR ORIGINAL CONTENT CREATION

Be creative and engaging.

You may decide to act out your thinking traps in your chosen media format, interview people and make a podcast, make a music video, etc. There's so many ways you can do this. The main thing is that whatever you choose to do is your own creation and it is entertaining, fun, and interesting to watch, hear, or read.

Create your content in a way that is culturally relevant and appealing.

Culturally relevant: "means incorporating awareness, understanding, and responsiveness to the beliefs, values, customs, and institutions (family, religious, etc.) and ethnic heritage of individuals or those identified cultures of persons with specific disabilities..."

Content should be 2 - 3 minutes long. Podcasts can be 10 - 20 minutes.

Make sure content creation is original. Use your own thoughts and ideas to create this media content from scratch. Please do not recreate something you saw or take parts of someone else's creation as your own. Besides, we can sometimes run into legal issues if we take from someone else's posted or published content



**Select the Media Format  
You Will Use for Your  
Original Content Creation:**

**[tinyurl.com/originalWABE](https://tinyurl.com/originalWABE)**

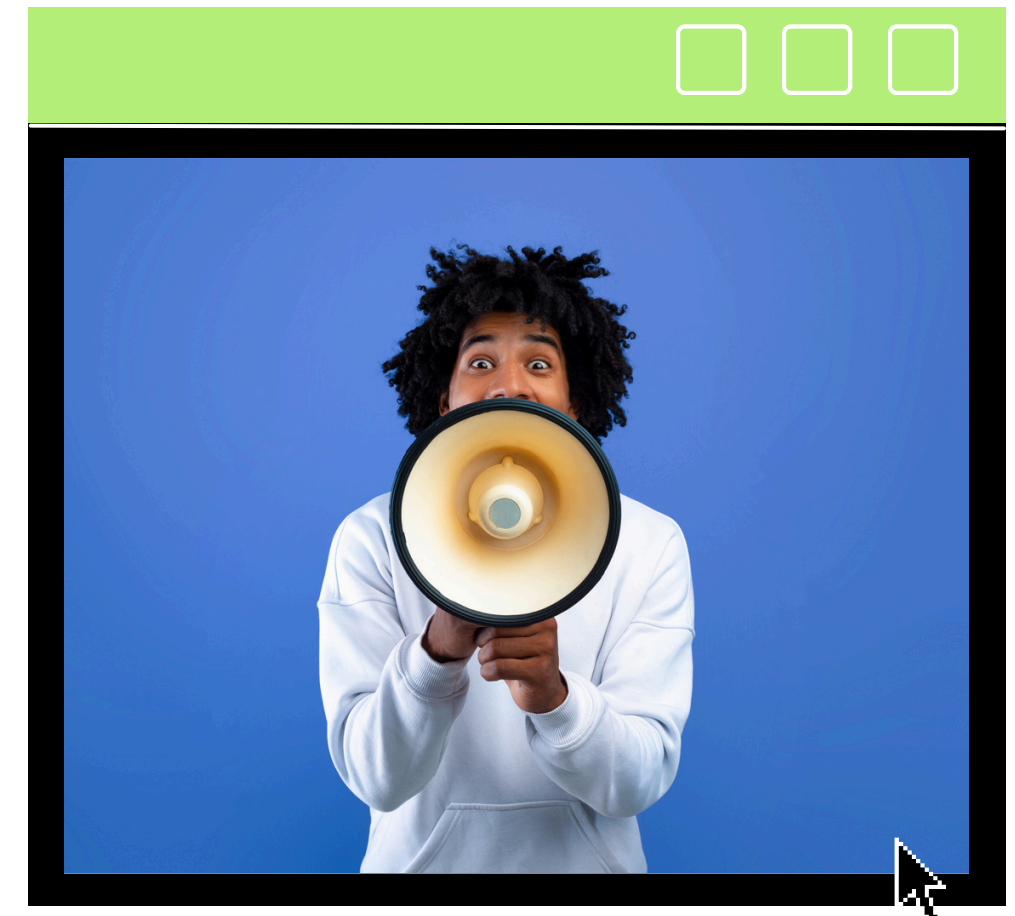
# MEDIA FORMATS



## 1. PSA

An audio or video message shared with the public that raises awareness about an issue. "PSAs are designed to make the public or specific audiences more aware of an issue or epidemic and lead them to make a change or take action."

- Example: [Clip](#) that could be a PSA on personalizing by making assumptions in text



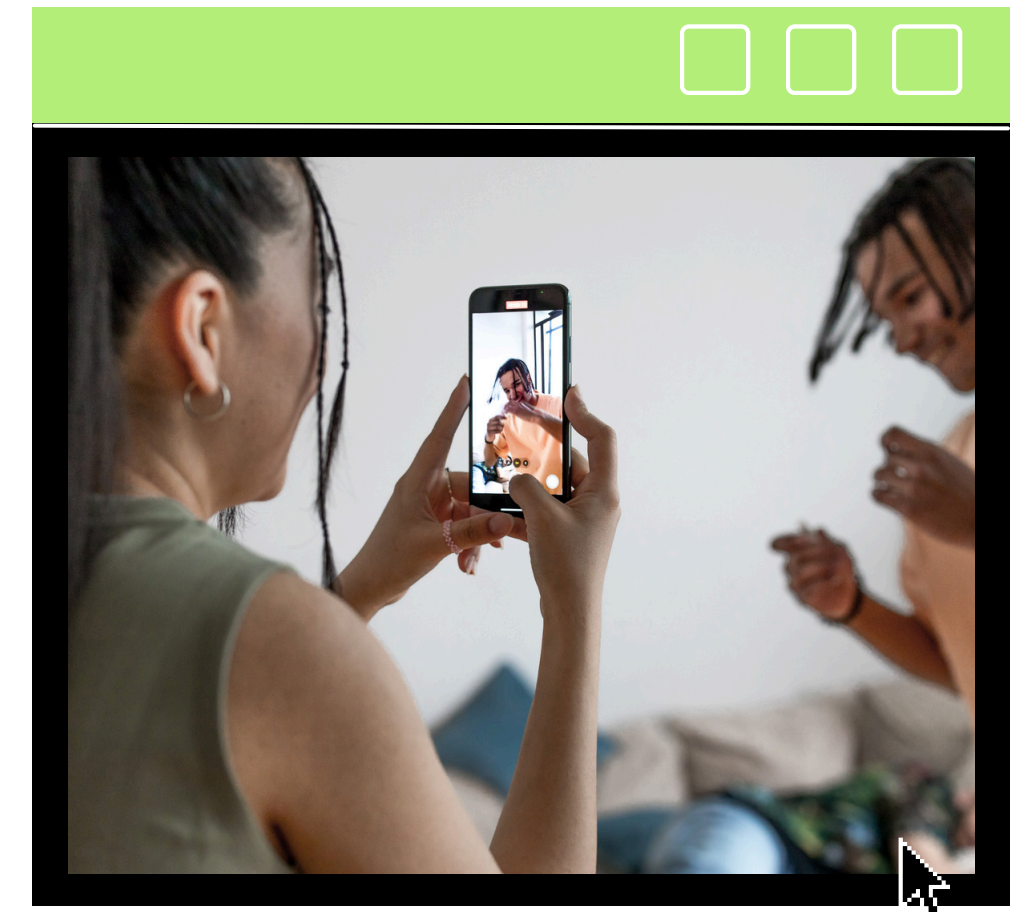
# MEDIA FORMATS



## 2. Short-Form Video Content

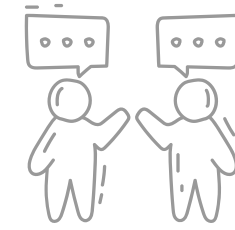
(To share on WABE-TV, Instagram, TikTok, Snapchat, X/Twitter, or some other social media platform):  
Designed for the short attention span of much of the public. Meant to “get to the core of your content, quickly!” It allows viewers “instant gratification.”  
“According to Influencer Marketing Hub, 96% of consumers prefer short-form content.”

- Example: IG post (not related to tech, but example of how something may be created on social media re: thinking traps)





# MEDIA FORMATS



## 3. Article

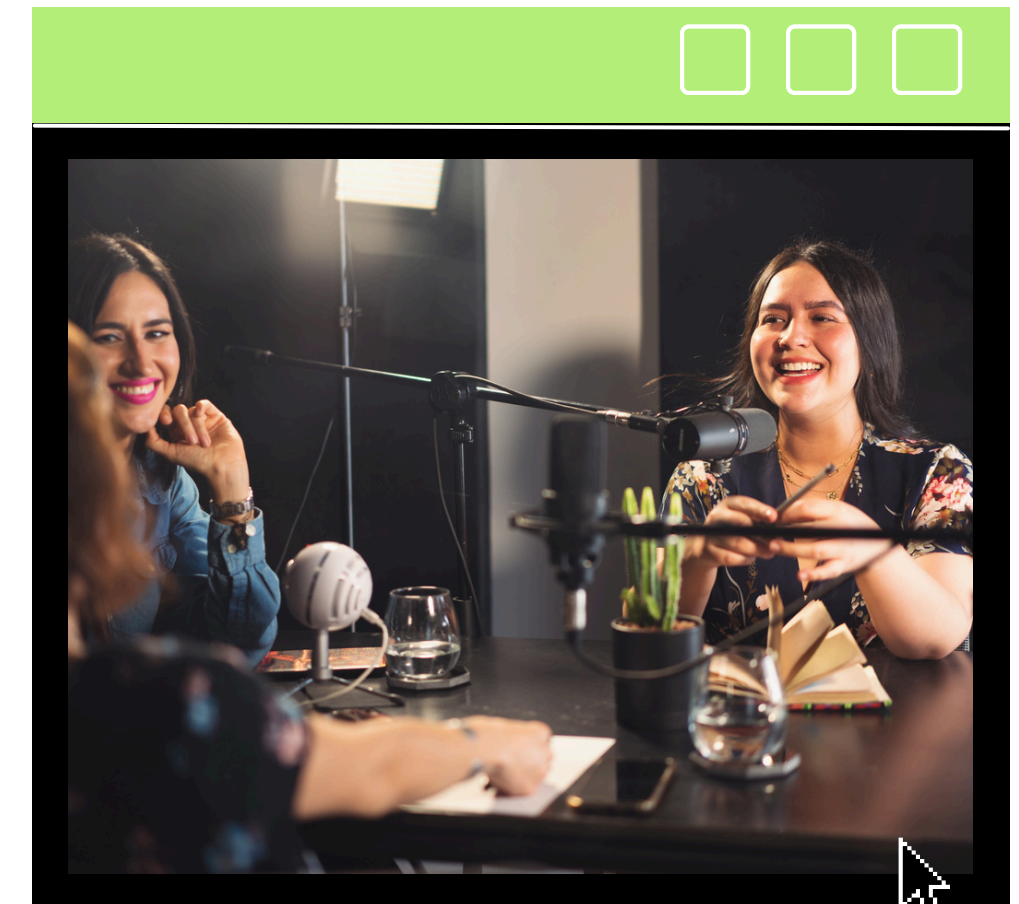
A piece of writing in a newspaper, magazine, or other print or online publication that makes up an independent part of a publication (not fiction or poetry)

- Example: Tips for Talking with Teens About Social Media and Thinking Traps

## 4. Podcast

A talk show, often in the form of an interview, typically with multiple episodes and following a certain theme. It becomes available as a digital audio file you can download and people usually subscribe to the show.

- Example: Jonathan Haidt on Adjusting to Smartphones and Social Media



# MEDIA FORMATS



## 5. Commercial

A TV or radio advertisement

- Example: Are You In a Thinking Trap?

## 6. Infomercial

" A form of TV commercial that resembles regular TV programming yet is intended to promote or sell a product, service or idea. It generally includes a toll-free telephone number or website", and usually runs at off-peak hours when viewers are less. It is often longer than a commercial.

- Example: Digital Addiction





# MEDIA FORMAT

## Thinking Trap 1

- What is the definition of this thinking trap?
- Example of how the thinking trap occurs when on social media or with texts or phone calls.
- How does the thinking trap hurt people's digital well-being?

## Thinking Trap 2

- What is the definition of this thinking trap?
- Example of how the thinking trap occurs when on social media or with texts or phone calls.
- How does the thinking trap hurt people's digital well-being?

## Optional: Thinking Trap 3

- What is the definition of this thinking trap?
- Example of how the thinking trap occurs when on social media or with texts or phone



# Thinking Trap



- What media format will you use to showcase your thinking traps?
- Explain what your content creation will be about. Outline it and be sure to include how each of the 3 questions you just answered will be shown for each thinking trap. Be sure to follow the 4 guidelines under “How to Format Your Content Creation” while you are outlining it.



# RUBRIC

The rubric at the end of your student handout is a good way to check if you are including in your creation the key parts required. It also helps you see what a high quality creation looks like.



**THANK YOU**

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