

# Digital Citizenship and Healthy Media Usage

## Playbook Strategy Set

This resource includes a set of lesson plans focused on building digital citizenship skills and fostering responsible media use with secondary students.

### Strategy Set Overview

This resource includes a set of strategies from [Panorama Playbook](#) that equip secondary students with key digital citizenship skills.

### Research Context

The **Digital Citizenship and Healthy Media Usage** strategy set is closely aligned with the [Panorama Cell Phone Impact and Policy Survey](#). Each lesson is intentionally crafted using UDL principles to ensure accessibility and engagement for all students. These strategies are designed not only to spark meaningful reflection and conversation among students, but also to be easy for teachers and facilitators to implement with minimal prep time, adaptable to various classroom settings, and responsive to diverse learner needs.

#### What's Included?


- **15 lesson plans** across **3 topics** designed to emphasize collaboration with students (and caregivers) in co-creating cell phone usage policies, utilizing asset-based approaches to uphold these policies, and fostering healthy media habits—all tailored for flexible use in classroom settings & advisory periods.

#### Sample Strategies

Cell Phone Use Circle | The Phone Pact | Tech in Check | Reclaiming our Focus | Tech Talks at Home | Co-Creating Device Agreements | Digital Citizen Award | Phones in School | Phone Free Zones

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## Playbook Strategy Set

Strategy Name	Theme
<a href="#"><u>Phones in School: What's Fair?</u></a> 	Co-Creating Device Usage Policies
<a href="#"><u>Phone Zone: Co-Creating Device Agreements</u></a>	Co-Creating Device Usage Policies
<a href="#"><u>Cell Phone Use Circle</u></a>	Co-Creating Device Usage Policies
<a href="#"><u>Tech Talks at Home</u></a>	Co-Creating Device Usage Policies
<a href="#"><u>Co-Designing Phone Free Zones</u></a>	Asset-Based Policy Implementation
<a href="#"><u>The Phone Pact</u></a>	Asset-Based Policy Implementation
<a href="#"><u>Digital Ambassador Program</u></a>	Asset-Based Policy Implementation
<a href="#"><u>Digital Citizen of the Month</u></a>	Asset-Based Policy Implementation
<a href="#"><u>Cell Phone Parking Lot</u></a>	Asset-Based Policy Implementation
<a href="#"><u>Tech in Check</u></a>	Digital Citizenship Skill-Building
<a href="#"><u>Reclaiming Our Focus</u></a>	Digital Citizenship Skill-Building
<a href="#"><u>Our Digital Rings of Responsibility</u></a>	Digital Citizenship Skill-Building
<a href="#"><u>Tech and Me</u></a>	Digital Citizenship Skill-Building
<a href="#"><u>Digital Mindshift: Navigating Thinking Traps</u></a>	Digital Citizenship Skill-Building
<a href="#"><u>Mindful Media</u></a>	Digital Citizenship Skill-Building

# Co-Creating Device Usage Policies

## Digital Citizenship and Healthy Media Usage Strategy Set

### Phones in School: What's Fair?

This lesson invites students to explore fairness and equity in cell phone policies. It prompts critical discussion on balancing personal freedom with collective classroom needs, helping students consider diverse perspectives on device use. Click [here](#) to explore this strategy on Playbook.

### Phone Zone: Co-Creating Device Agreements

Students map out or define designated areas for phone use in their school environment. This promotes responsible use and helps build shared norms around where and when phones are appropriate. Click [here](#) to explore this strategy on Playbook.

### Cell Phone Use Circle

Modeled on restorative or dialogue-based circles, this session encourages open sharing about personal experiences with phone use. It builds understanding and community norms through structured, respectful conversation. Click [here](#) to explore this strategy on Playbook.

### Tech Talks at Home

This lesson encourages students to take conversations about media and tech habits into their home environments. It includes tools or prompts to support intergenerational dialogue and shared agreements between students and families. Click [here](#) to explore this strategy on Playbook.

# Asset-Based Policy Implementation

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## Co-Designing Phone Free Zones

Students work together to identify and create spaces where phones are off-limits to support focus and connection. The activity builds empathy and collective responsibility for maintaining phone-free areas.

Click [here](#) to explore this strategy on Playbook.

## The Phone Pact

Students create formal agreements about phone use with peers, teachers, or family members. These pacts reinforce commitment, clarity, and a shared understanding of expectations.

Click [here](#) to explore this strategy on Playbook.

## Digital Ambassador Program

Students take on leadership roles to promote healthy digital habits within their school community. As Digital Ambassadors, they model responsible tech use and support peers in building positive digital culture.

Click [here](#) to explore this strategy on Playbook.

# Asset-Based Policy Implementation

Digital Citizenship and Healthy Media Usage Strategy Set

## Digital Citizen of the Month

This strategy introduces a positive, asset-based recognition program that celebrates students who model healthy and responsible digital habits, including:

- Mindful cell phone use
- Online kindness
- Media balance

Click [here](#) to explore this strategy on Playbook.

## Cell Phone Parking Lot

This lesson introduces a designated space for storing phones during class time to minimize distractions. Students reflect on the impact of being phone-free on focus, learning, and social interaction.

Click [here](#) to explore this strategy on Playbook.

# Digital Citizenship Skill-Building

## Digital Citizenship and Healthy Media Usage Strategy Set

### Tech in Check

Students assess their personal technology use and practice strategies for self-regulation. The lesson includes goal setting, usage tracking, and reflection to encourage healthier digital habits.

Click [here](#) to explore this strategy on Playbook.

### Reclaiming Our Focus

Students identify digital distractions and apply techniques to improve attention and concentration. The lesson incorporates strategies such as mindfulness and time management to help students regain control of their focus.

Click [here](#) to explore this strategy on Playbook.

### Our Digital Rings of Responsibility

Students explore their responsibilities to themselves, others, and the larger online community when using technology. The lesson builds ethical awareness and encourages thoughtful digital decision-making.

Click [here](#) to explore this strategy on Playbook.

# Digital Citizenship Skill-Building

## Digital Citizenship and Healthy Media Usage Strategy Set

### Tech and Me

Students reflect on their personal relationship with technology and assess how it affects their well-being, learning, and relationships. They develop insights and goals for more intentional tech use.

Click [here](#) to explore this strategy on Playbook.

### Digital Mindshift: Navigating Thinking Traps

This lesson challenges students to reframe how they think about digital habits and technology use. It introduces mindset shifts and strategies for creating more balanced, healthy digital lives. Students also learn to recognize and manage negative thought patterns that can be triggered or amplified by digital media.

Click [here](#) to explore this strategy on Playbook.

### Mindful Media

Students practice strategies for engaging with digital content in more intentional and reflective ways. The lesson promotes media consumption that supports values, attention, and emotional well-being.

Click [here](#) to explore this strategy on Playbook.