

FULL SCOPE AND SEQUENCE

Specialized Unit: Digital Well-Being

The Digital Well-Being specialized unit is developmentally sequenced for Kindergarten through Grade 12, and it integrates with the Second Step[®] Elementary, Second Step[®] Middle School, and Second Step[®] High School digital programs.

Kindergarten

Program Themes: Belonging, Decision-Making, Digital Well-Being, Staying Calm, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Launching into Space	Understand that some online places are safe for kids but others are for grown-ups and that they should always ask a trusted adult before going into unknown areas
Lesson 2 Two Sides of Your Moon	Distinguish between things that are safe to share and private information that should be kept safe
Lesson 3 Sending Waves into Space	Show kindness online using, for instance, emojis or heart symbols
Lesson 4 Space Storm	Identify unsafe or confusing digital situations and use "Stop, Look, and Ask" to stay safe
Lesson 5 The Junior Explorer's Code	Practice a simple promise to stay safe and kind online

Grade 1

Program Themes: Belonging, Decision-Making, Digital Well-Being, Staying Calm, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Two Sides of the Station	Sort everyday activities into two groups: things they do in the real world and things they do online
Lesson 2 Kind Signals Everywhere	Show kindness in both the real world (like giving a high-five) and online (like sending a heart or smiley face to a friend)
Lesson 3 Your Personal Locker	Identify what kinds of information are safe to share and what should be kept private (such as their real name or address)
Lesson 4 Checking Your Battery	Recognize how they feel after spending time online or offline and use this understanding to know when it's time to switch
Lesson 5 Your Room on the Station	Explain how being kind and safe online helps them feel good and build stronger friendships in the real world

Grade 2

Program Themes: Belonging, Decision-Making, Digital Well-Being, Staying Calm, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Your Arrival	Create a digital presence that shows their personality without sharing private details, like their real name or face
Lesson 2 Your Base Sign	Understand that what they post in a digital space stays visible to others, even when they're not around, and choose what to share wisely
Lesson 3 Your Island Safe	Identify personal information that should stay private (like their real name or address) and learn how to keep it safe and hidden

Grade 2

Lesson Title	Objectives Students will be able to:
Lesson 4 Island Mystery	Recognize when a message feels like a trick or a made-up story and know to tell a trusted adult when something feels "off"
Lesson 5 Market Day	Complete a digital workspace and share it with classmates, showing respect and kindness during a community tour

Grade 3

Program Themes: Belonging, Decision-Making, Digital Well-Being, Staying Calm, Thoughts and Emotions

Competencies: Self-Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Welcome to the Island	Understand that every message they post online leaves a lasting trail and the importance of being a kind and thoughtful neighbor in a digital community
Lesson 2 Ad Alerts	Distinguish between real news and online ads and recognize common tricks used to get people to click or buy something
Lesson 3 Community Helpers	Provide kind and clear advice when someone faces digital problems and be able to explain the "why" behind their advice to build a safer, more supportive community
Lesson 4 Spicy Rumor Review	Tell the difference between true information and unverified rumors and use simple steps to check if a message is trustworthy before sharing it
Lesson 5 Celebration Day!	Practice all the skills they've learned by creating and sorting different types of online posts

Grade 4

Program Themes: Belonging, Decision-Making, Digital Well-Being, Staying Calm, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 The Power of Words Online	Understand how their words can land differently than they intend online and give feedback that focuses on the work, not the person
Lesson 2 Being Kind Before Reacting	Pause before posting or sharing something online and check whether it's kind, respectful, and safe for others
Lesson 3 The Trail We Leave	Recognize that every comment or post they make adds to their online reputation and share content that reflects their best self
Lesson 4 Making Mistakes, Making Amends	Recognize when they feel pressure to act online and know how to respond with confidence, whether by saying no or fixing a mistake with kindness and honesty
Lesson 5 My Choice, My Story	Use tools they've learned to solve a real-life digital challenge and create a message or story to show how they would handle it responsibly

Grade 5

Program Themes: Belonging, Decision-Making, Digital Well-Being, Staying Calm, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 The Invisible Editor	Understand how algorithms shape their online world and take actionable steps to control what they see online
Lesson 2 Avoiding Online Traps	Recognize online messages that try to get them to act quickly and use simple questions to decide if a message is safe or suspicious
Lesson 3 Personas and Influencers	Recognize that people often share only the best parts of their lives online and understand when a post is trying to sell something or influence their choices

Grade 5

Lesson Title	Objectives Students will be able to:
Lesson 4 Accessibility and Content Creation	Create digital content that is easy to see, read, and understand for everyone, including people with different abilities
Lesson 5 Digital Influencer Challenge	Design a digital message or post that shares something they care about in a way that is honest, safe, and welcoming to all people

Grade 6

Program Themes: Agency, Bullying and Harassment, Conflicts, Decision-Making, Digital Well-Being, Guiding Principles, Helping Others, Perspective-Taking, Planning Ahead, Relationships

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 The Right Balance	Recognize the benefits and challenges of using digital technologies
Lesson 2 Digital Life	Investigate how online activities and digital footprints can affect privacy, reputation, and relationships
Lesson 3 What's in a Balanced Plan?	Create a Digital Balance Plan for a fictional student
Lesson 4 A Plan That Works	Discuss how technology affects their well-being and use those insights to personalize a plan for digital balance
Lesson 5 Balancing Act	Evaluate and finalize their Digital Balance Plan

Grade 7

Program Themes: Agency, AI Literacy, Decision-Making, Digital Well-Being, Guiding Principles, Helping Others, Perspective-Taking, Planning Ahead, Relationships

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Information Overload	Distinguish facts, opinions, and claims across media formats, including those using AI-generated content
Lesson 2 Evaluating Information	Assess credibility and reliability of digital information, including social media content surfaced by algorithms
Lesson 3 Echo Chambers	Analyze media using a Quick Evaluation Guide and add a section to the guide about patterns, algorithms, and echo chambers
Lesson 4 Media's Influence	Analyze how media influences their decisions and perceptions
Lesson 5 Responsible Media Campaign	Design a campaign to promote responsible media use

Grade 8

Program Themes: Agency, Belonging, Bullying and Harassment, Conflict, Decision-Making, Digital Well-Being, Guiding Principles, Helping Others, Perspective-Taking, Planning Ahead, Relationships, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Digital Communities	Identify how behaviors in digital communities can affect people's sense of belonging, safety, and acceptance
Lesson 2 Online Harm	Recognize online bullying, conflict, harassment, and harmful behaviors and prepare to respond
Lesson 3 Online Influences	Create a visual chart showing how peers, influencers, and group norms shape online behavior and can affect safety and belonging in digital spaces

Grade 8

Lesson Title	Objectives Students will be able to:
Lesson 4 Safe Responses	Reflect on and evaluate possible responses to online harm and determine which options support safety and belonging
Lesson 5 Digital Upstander Actions	Create a student-friendly resource that helps others respond safely and ethically in digital spaces

Grade 9

Program Themes: Academic Success, Agency, AI Literacy, Decision-Making, Digital Well-Being, Guiding Principles, Helping Others, Planning Ahead, Relationships, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 AI Everywhere	Identify everyday AI systems and explain intended benefits and risks, including how AI can influence a person's emotions and perceptions
Lesson 2 Parasocial Relationships	Investigate parasocial relationships and the implications of having relationships with AI
Lesson 3 Recognizing AI Influence	Evaluate how AI can shape a human's perceptions and decisions with its responses
Lesson 4 Informed AI Use	Create guidelines for how they can use AI safely and ethically in and out of school
Lesson 5 AI Now	Develop a campaign promoting safe AI practices

Grade 10

Program Themes: Agency, Belonging, Bullying and Harassment, Conflicts, Decision-Making, Digital Well-Being, Guiding Principles, Helping Others, Planning Ahead, Relationships, Thoughts and Emotions

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Online Community Signals	Recognize signals of safety, belonging, and risk in digital communities
Lesson 2 Dangerous Online Situations	Analyze examples of predatory behavior, some using AI-generated media, and apply helpful strategies
Lesson 3 Safe Spaces	Design a practical tool to help communities stay safe and prepared to recognize and respond to risky signals and predatory behavior
Lesson 4 Strengthen Tools	Evaluate and revise their safety tools for clarity, fairness, and alignment with school policies
Lesson 5 Community Commitments	Plan to introduce their safety tool to a specific audience of their choice

Grade 11

Program Themes: Agency, Decision-Making, Digital Well-Being, Helping Others, Perspective-Taking, Planning Ahead

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Community Challenges	Identify a local school or community problem that digital technology could help address
Lesson 2 Digital Solutions	Explore digital tools and platforms that could solve an identified problem
Lesson 3 Solution Prototypes	Design a prototype using one or more digital tools to address their selected problem

Grade 11

Lesson Title	Objectives Students will be able to:
Lesson 4 Prototype Analysis	Rate the potential change that could come from their solution approach
Lesson 5 Action Plan	Develop a plan to implement or advocate for their solution

Grade 12

Program Themes: Agency, AI Literacy, Conflict, Decision-Making, Digital Well-Being, Guiding Principles, Helping Others, Perspective-Taking, Planning Ahead, Relationships

Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 School Technology Policies	Research key technology policies that guide digital learning and safety
Lesson 2 Digital Regulations	Explore regulations affecting digital environments beyond school
Lesson 3 AI Trade-Offs	Analyze how AI adoption in schools and workplaces can result in ethical concerns about gains and losses
Lesson 4 Leading Through Uncertainty	Analyze a fictional but realistic scenario about an organization planning AI adoption and examine multiple perspectives and ethical consequences
Lesson 5 Ready to Lead	Evaluate their readiness to respond when ethical concerns emerge while using digital technologies