

Social Media Curriculum Framework and Guidelines

The US Surgeon General's Advisory; Social Media and Youth Mental Health (hhs.gov)
Press Release on Executive Order 2023-04; Statewide response to the impact of social media platforms on New Hampshire's Youth
Governor's Executive Order 2023-04
Impacts of Social Media Website
New Hampshire Department of Justice Office of Attorney General Investigation: Social Media Impact on Young People

Common Sense Education Curriculum resources for the classroom			
Time Management and Media Balance			
Grades K-2	Grades 3-5	Grades 6-8	Grades 9-12
Media Balance Is Important (K)	Your Rings of Responsibility (3)	Finding Balance in a Digital World (6)	My Digital Life Is Like ... (9)
Pause for People (K)	My Media Choices (4)	My Media Use: A Personal Challenge (7)	Social Media and How You Feel (10)
How Technology Makes You Feel (1)	Finding My Media Balance (5)	Digital Media and Your Brain (8)	Can Media Be Addictive? (11)
Device-Free Moments (2)			The Health Effects of Screen Time (12)
Putting a STOP to Online Meanness (2)			
Cyberbullying			
Grades K-2	Grades 3-5	Grades 6-8	Grades 9-12
	The Power of Words (3)	Digital Drama Unplugged (6)	What You Send in "That Moment When ... "(9)
	Be a Super Digital Citizen (4)	Upstanders and Allies: Taking Action Against Cyberbullying (7)	Online Disinhibition and Cyberbullying (11)
	Is It Cyberbullying? (5)		

Social Media/ Privacy and Security			
Grades K-2	Grades 3-5	Grades 6-8	Grades 9-12
Safety in My Online Neighborhood (K) Internet Traffic Light (1) That's Private! (2)	Private and Personal Information (4)	My Social Media Life (7) The Power of Digital Footprints (7) Social Media and Digital Footprints: Our Responsibilities (8) Being Aware of What You Share (8)	Curated Lives (10) How Young Is Too Young for Social Media? (11)

Note: Common Sense Education has a variety of lessons related to digital citizenship for all grade levels. This framework shares lessons that specifically align with social media, cyberbullying, privacy, security, and time management; lessons also include family tips, activities, and Spanish options.

Media Power Youth Curriculum resources for the classroom	
<p><i>Media Power Youth is a New Hampshire-based nonprofit that provides media literacy educational opportunities for youth, families, and educators. It helps young people build the critical-thinking and healthy communication skills needed to thrive in a complex media-driven world. Its mission is to help youth use media in thoughtful and creative ways that support physical and mental wellbeing. It partners with schools and youth-serving organizations to offer a variety of supports. These include parent/guardian educational events, teacher professional development workshops, classroom guest speakers, instructional tools, and youth programming.</i></p>	<p><i>Media Power Youth collaborates with schools and community partners to offer customizable programs that address the unique needs of the youth they serve. Media Power Youth’s comprehensive approach to media literacy education takes into account school climate and features interactive projects that can be adapted to students’ learning goals. Most learning modules and workshops are available at low/no cost to NH educators. Teachers and school administrators can schedule a free discovery call about potential programs or request a resource by visiting Media Power Youth.</i></p>

School Health Education Standards that Align with Social Media Use
Standard 1 - National Consensus for School Health Education

Standard 2 - National Consensus for School Health Education
Standard 4 - National Consensus for School Health Education
Standard 5 - National Consensus for School Health Education
Standard 7 - National Consensus for School Health Education
Standard 8 - National Consensus for School Health Education