

****Teachers - Please make a duplicate of the FORMS for Part 1a, then put the link to the FORMS you created next to the FORMS LINK space****

Link to duplicate:

<https://forms.office.com/Pages/ShareFormPage.aspx?id=U6z2wXdrtU2Uck8QTurJamJLLZU-FsBCjftW0DkmDVdURDIKTjY1N1Q5SEpVVIUwRU5PVDcwQUFaOC4u&sharetoken=XGzfRPEa6N9GMWWIju8M>

Digital Footprint Portfolio

Part 1a: Personal Social Media Reflection

1. Please take a few minutes to complete this FORMS. Be prepared to reflect on your responses.
 - a. FORMS LINK:
2. Reflect on your social media usage: On a scale of 1-5, where do you think you are with your personal social media usage (1= unhealthy usage & 5= healthy usage). Please explain why you gave yourself the selected rating.

Part 1b: Your Social Media Footprint

1. Use a minimum of two different valid, reliable sources to research healthy social media usage. Then explain healthy social media usage using your own words. (Please also provide a citation for the resources you used).
2. Provide 4 examples of healthy social media usage.
3. Describe one time that that you have used social media in HEALTHY/Positive manner. If you do not use social media, provide an example from a tv show or movie.
4. Use a minimum of two different valid, reliable sources to research unhealthy social media usage. Then explain unhealthy social media usage using your own words.
5. Provide 4 examples of unhealthy social media usage.
6. Describe a time you have seen social media used in an unhealthy or negative manner.
7. After learning more about healthy vs. unhealthy social media usage, would you give yourself the same rating as you did in Section 1a Question #2 or would you change your rating. Please explain why you would or work not change your rating.

Part 2: Practicing Healthy Habits

Let's focus on the positive. Although social media can have downsides, it can also be used in a positive way. Please create a series of at least 3 videos to be used for your school's morning announcements or webpage that highlights the benefits of social media. Your videos should also focus on healthy habits surrounding social media.

You will conduct research through using valid, reliable sources to acquire more information about the benefits of and healthy habits surrounding social media. Please be sure to include a reference list with citations from each resource you use. Be sure to use a minimum of 2 different resources.

Assignment Criteria and Rubric:

Required Elements	Description	Points Possible	Points Earned
Benefits of Social Media	-5 benefits were included -For each included benefit there was a description/explanation that demonstrated understanding and comprehension		
Healthy Habits for Social Media	-5 healthy habits were included -Each included habit was well defined and explained		
Video Quality	-Videos reflected professionalism and a high academic standard -Videos were relevant to audience and provided clear, easy to understand information -At least 3 videos were created (no more than 3 minutes each)		
Other requirements	Reference List including citations for each source used		

Part 3: Community Resource Guide

For part 3 of this assignment, you will create a Community Resource Guide for teens. Your task is to compile a list of Harford County Resources for each content unit in the Health 9 course. You can utilize resources we have used within this class this semester and you can also conduct research to find other valid, and reliable community resources. Please use the rubric below to help guide you in successfully completing this assignment.

Assignment Criteria and Rubric :

Required Elements	Description	Points Possible	Points Earned
Minimum of 2 LOCAL RESOURCES for each listed content area: Mental and Emotional Health Substance Abuse prevention Safety and Violence Prevention Healthy Eating Disease Prevention and control	Must be local to our area/community. Accessible to people your age. Provide useful services to people your age.		
For each RESOURCE, please provide the following info: Contact Info Address Description of Services	Each of the 10 resources included have the required information provided. Contact Info Address Description of Services		
Community resource Guide FORMAT	Please set up your resource guide HOW YOU WISH, but make sure to create it in a way that will make it “User Friendly” (easy for the person using it to find info) Suggestions: -Create a booklet with each content area and the 2 corresponding resources included on a page. -Create a PowerPoint following a similar format as the booklet above. -Create a fake social media page that shares the resources and information. -Create a podcast for each content area and highlight the specific local resources for each. -Create a poster/visual that could be displayed in a public setting. -Create a “Special New Report” that highlights each local resource.		

Part 4: Be an Activist

For Part 4 of this task, you will bring attention to an underserved social issue of your choice. Then you will create an awareness campaign to draw attention to the problem and gather support.

Task 1: Game Plan

Create an informational outline that highlights the following:

1. What is the social issue that you will be focusing on?

- a. Why are you selecting this social issue?
 - b. What about this social issue is “underserved”?
2. What would you recommend happen to help “better serve” and assist in resolving this social issue?
 - a. Briefly describe a “plan of attack” you feel would help increase awareness to the issue and help resolve the issue.
3. How is bringing awareness to your social issue going to help?
4. What specific things have you included in your plan that will benefit your social issue the most? Why?

Task 2: Advocacy Outlet

In order to let others know what you are passionate about, you have to share your knowledge. Please select an “outlet” you feel would best help you share your knowledge and then summarize the information you laid out in Task 1 to share the information with others.

Potential outlets

1. Letter to the editor- write a letter to the local newspaper that shares the information you outlined above about the underserved social issue.
2. YouTube channel- create a video that can be put on YouTube that shares the information you outlined above about the underserved social issue.
3. Film documentary-create a film documentary that can be used on a social media platform that shares the information you outlined above about the underserved social issue.

Assignment Criteria and Rubric:

Required Elements	Description	Points Possible	Points Earned
Clear Health-Enhancing Position : Clear focus on one selected social issue and description of why this social issue is a concern	Within your project, please include: <ol style="list-style-type: none"> 1. Why are you selecting this social issue? 2. What about this social issue is “underserved”? 		
Thoroughly supports the position using accurate and relevant facts: Clearly outlined “plan of attack” to increase awareness on the issue and how the increased awareness will improve the social issue	How will you increase awareness for the social issue you have chosen? How will increased awareness on the social issue help?		
Displays strong and passionate conviction for a healthy position: Clear ideas provided to help resolve the social	What would you recommend to assist in resolving this social issue?		

issue and explanation of how the proposed ideas will help the social issue	What specific things have you included in your plan that will benefit your social issue the most? Why?		
Audience Awareness: *Strong awareness of the target audience (background, perspectives, and interests) *Word choice, tone, examples, graphics, etc. are well suited for the target audience	Who is your target audience? What outlet for advocacy best fits your target audience? How can the information be presented in a way that the target audience is engaged and understands the information shared?		

Resources Used for Lesson Development:

Part 1:

<https://news.mit.edu/2020/mindhandheart-nine-tips-healthy-social-media-use-0123>

<https://www.surveymonkey.co.uk/r/99CGC3B>