

# Digital Literacy Guiding Questions

- What influence does media consumption have on what we eat?
- How does it affect our decisions about smoking, drinking, and drug use?
- What kinds of relationships do we see modeled in media works popular with youth, and what messages do youth take from them?
- How do digital media such as Smartphones and the internet affect our relationships with others, and how can we maintain healthy relationships using these media?
- How can we use and navigate digital networks to find quality resources about health topics such as sexual health education, and how can we tell if it is a reliable resource or not?
- What are some 'ideals' about masculinity and femininity you observe on social media, and how can this pressure you?
- Do photos of your peers or celebrities you admire online influence your self-image, and does this make you edit or manipulate your photos?
- How does the "fear of missing out" online influence your screen time, and how can this impact your sleep or other aspects of well-being?
- What kind of information is appropriate to share or ask for when speaking with a peer online?
- What responsibilities do you have as a sharer of networked content?
- How does respect and consent apply online?
- When you encounter harmful behaviour online (i.e., cyberbullying, racism, etc.) what should we do?
- What online platforms have access to sharing and obtaining your personal information and/or photos?
- Why might this online service/network be collecting personal information, is sharing this necessary, and what are they doing with this information?
- What are some healthy, personal boundaries online?
- Can social media help with coping from anxiety, depression, and self-harm, and how?
- What are the commercial considerations for advertisements we've seen on TV and social media?
- What are ways we can use and compare digital literacy skills and traditional navigation skills through outdoor movement experiences?
- What online applications can we use to design personalized movement plans?

