

# Our Responsibilities Online

15  
minutes

What You'll Need: **Video** • **Student Handout**

## CASEL FOCUS: Self-Awareness

### Learning Objectives

- Use the rings of responsibility to think about how behavior affects selves and others.
- Recognize the relationship between behaviors and emotions.
- Identify examples of how they can be their best selves when using technology.

### Activity Steps

1. **Ask:** *Have you ever heard the term "digital citizen"? What comes to mind?*

Invite students to share any ideas that come to mind. Clarify that a **digital citizen** is someone who uses technology responsibly to learn, create, and participate.

2. **Say:** *As digital citizens, we have responsibilities to ourselves, our communities, and our world as we use technology to learn, create, and connect with others. Today we are going to watch a video exploring how digital citizens take responsibility for themselves, their communities, and their world. As you watch the video, think about how throwing a bottle out of your window can be similar to something you do online.*

Optional: Distribute the **Student Handout** and have students complete Question 1 as they watch the video.

3. **Show** the **Rings of Responsibility** video (1:32 minutes). After showing the video, invite students to share out.

- Like littering, the things we share or post online can impact ourselves, our communities, and even the world.
- Doing things online can have a ripple effect, like littering.

4. **Lead** a class discussion using the questions below.

Optional: Have students complete Questions 2 to 4 on the **Student Handout** independently before having a group discussion.

### Discussion Questions

**Ask:** *According to the video, what are the rings of responsibility?*

- Answers will vary, but clarify that each ring represents a person or group you are responsible to (yourself, your community, and your world), and that being responsible to someone means that you think about how your actions will impact them.



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.



# Our Responsibilities Online

- **Self:** The center ring represents responsibilities you have to yourself, such as keeping yourself safe and healthy.
- **Community:** The middle ring stands for responsibilities you have to your community, like friends, family, and other people you know and interact with on a regular basis. But it can also include people you interact with but don't know well, such as grocery store clerks or a friend in an online gaming community.
- **World:** The outer ring stands for your responsibilities to the larger world. This would include people who might be affected by your actions, even if you don't know them well.

Optional: Project [Slide 6](#) (from the full lesson [Your Rings of Responsibility](#)) for reference.

**Say:** Understanding our rings of responsibility is an important step that we can all take to become digital citizens because when we know what our responsibilities are, we can start working toward becoming the best version of ourselves.

**Ask:** Let's think about what it means to be our best selves. Describe a time you did something that had a positive impact for yourself or for your friends. What did you do? How were you feeling? Sample responses:

- I helped a classmate who was having issues with a classroom project. I felt helpful.
- I invited someone to play so they would not feel lonely. I felt connected.
- I helped two friends who were fighting to make up. I felt courageous.
- I felt distracted by my device, so I put it away to pay attention. I felt proud of myself.

**Say:** Being a digital citizen means being our best selves when we go online or when we use technology. And the more we act like digital citizens, the more positive we will feel.

**Ask:** What is something you can do in your life to be a digital citizen? Use the rings of responsibility to help you think about different things you can do.

Answers will vary. Encourage students to identify which ring their example falls within. Sample responses:

- **Self** I can protect my device, only talk to people I know online, and take a break when I'm upset.
- **Community** I can help a friend if they are feeling down, and share fun pictures with my family.
- **World** I can be kind to others when I go online, and act responsibly by not spreading rumors.

Send home the family conversation starter for this activity, available in [English](#) and [Spanish](#).

To go deeper on this topic, check out the full lesson: [Your Rings of Responsibility](#).

