**Basic Overview for Digital Health Unit**

**Day 1:**

**K-W-L: Begin with this, work in pairs, add to it along the way, and then conclude with it.**

**Show** “Texting, Addictions, and Dopamine.” Discuss. Hand out cell phone reflection- needed tomorrow.

**Day 2:**

Discuss **cell phone reflection**. Might have to provide some class time for this.

**Essential question**: Have you ever, or have you witnessed, someone act more extremely online? For example, becoming belligerent, offensive, more “drama” or more “extra”? Discuss with a partner. Share out.

Project **key terms** and have students take notes.

End with video: Connected but alone. Might have to finish the next day.

**Day 3:**

Research day in the library: Students will work in groups to find one popular and one academic source. They will create a 3-2-1 : Interesting facts, two connections, and one question they have. Report out the following day.

Group according to interests:

1. Eating disorders and the online community
2. Porn addiction and erectile dysfunction
3. Cheating and online behavior
4. Narcissism and the dangers of exposure to predators
5. Friendships online: how is communication affected? Ie. Look at the key terms and look into communication, trust, etc.

**Day 4:**

Three videos: Habit forming, and two brain. Report out. Not necessarily in that order. Add to your chart.

**Day 5:**

How do you feel about emojis?

Introduce the optional **digital diet.**

**Next week:**

*Men, Women, and Children.*