

Ignition: Digital Wellness & Safety



FREE DIGITAL LESSONS

Help Students to Successfully and Safely Navigate the Digital World

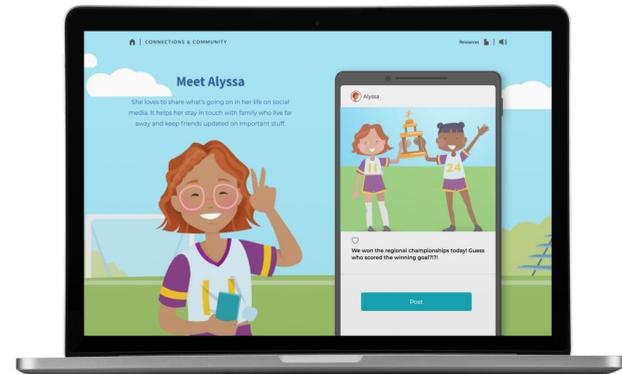
The American Academy of Child and Adolescent Psychiatry (2020) suggests that “children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours.”¹ Today’s youth may lack the knowledge to understanding how screen time can affect their physical and mental health. Children need to learn the positive and negative impacts of online communities as well as the skills necessary to safely and confidently navigate the online world.

Ignition: Digital Wellness & Safety is an online program that helps teach students how to create a healthy balance between online and offline time, keep personal information private, and identify potential phishing messages and signs of malware. Through six digital responsibility lessons, students will learn practical steps to protect their privacy and safety online.

[Source¹](#)

THE LEARNING EXPERIENCE

- EVERFI’s self-guided, interactive lessons help students develop simple, actionable strategies.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize their impact across all students.



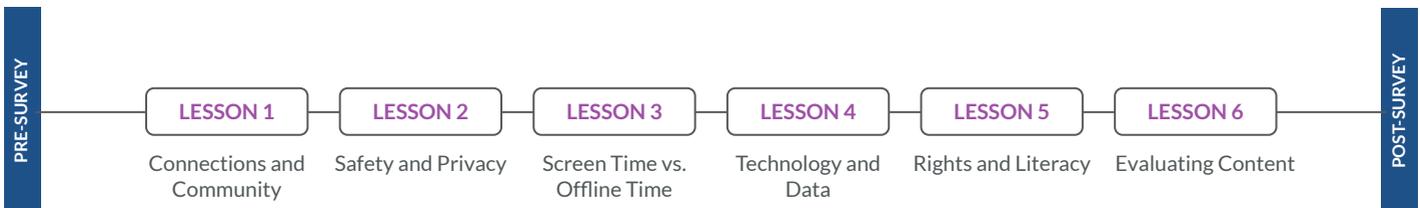
Ignition: Digital Wellness & Safety

Grade Level: 6th-9th

Total Lessons: 6 digital lessons (approximately 25 minutes each) with optional accompanying offline resources available

Curriculum Fit: Technology, Digital Media, Research, Health, Computer Science

Standards Alignment: ISTE Standards for Students established by the International Society of Technology in Education (ISTE)



EACH LESSON HAS A PRE- AND POST-ASSESSMENT WITH REAL-TIME SCORE REPORTING

“During the EVERFI Ignition Digital Wellness and Safety course, I learned so many online skills that will help me be a responsible internet user now and in the future. “

— Sreeja Punuru, Stone Hill Middle School, Virginia

LESSON SCOPE AND SEQUENCE

Lesson 1: Connections and Community

Learning Objectives:

- Differentiate between the negative and positive aspects of an online community.
- Identify methods to engage with others online in a respectful manner.
- Describe potential consequence of spending a lot of time online.

Lesson 2: Safety and Privacy

Learning Objectives:

- List steps to keep personal information private online.
- Explain what a digital footprint is and how it's created.
- Identify when to seek help from an adult.

Lesson 3: Screen Time vs. Offline Time

Learning Objectives:

- Differentiate the negative and positive aspects of an online community.
- Identify methods to create a healthy balance between online and offline time.

Lesson 4: Technology and Data

Learning Objectives:

- List steps to keep personal information private online.
- List steps to protect digital data from compromise.
- Identify potential phishing messages and signs of malware.

Lesson 5: Rights and Literacy

Learning Objectives:

- Differentiate the negative and positive aspects of an online community.
- Identify and describe digital rights and restrictions.
- Differentiate between created and curated content.

Lesson 6: Evaluating Content

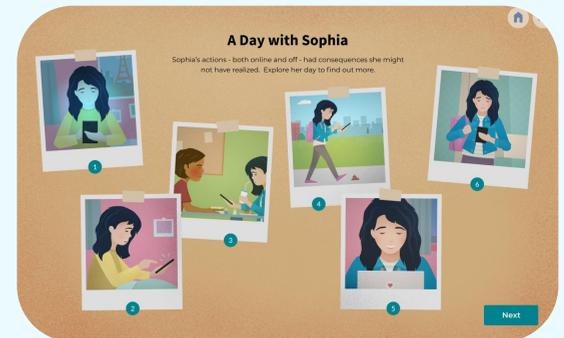
Learning Objectives:

- Describe how to evaluate content for accuracy and bias.
- Identify methods to differentiate accurate search results from inaccurate or sponsored content.

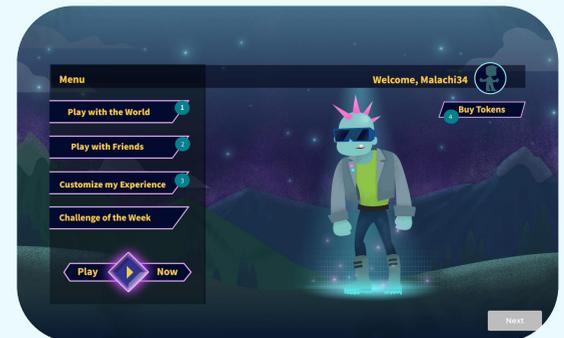
Ready to Start? Register now at
EVERFI.COM/NewTeacher

LESSON ACTIVITIES:

Balancing Screen Time vs. Offline Time



Protecting Digital Data



Recognizing Malware



EVERFI

EVERFI, Inc. empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

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