

Social Media Literacy & Wellness

Curriculum Outline

Understanding Your Personal Brand

Lesson 1: What is a Personal Brand? Lesson 2: How to Create a Strong Personal Brand Lesson 3: The Effects Your Personal Brand Has on You Lesson 4: The Consequences of Not Having a Positive Personal Brand

Learning Objective: Explain what a personal brand is and construct one for positive and professional use

The Impact Social Media Has On Your Personal Brand

Lesson 1: Social Media's Role In Your Personal Brand Lesson 2: The Benefits of Social Media for Your Personal Brand Lesson 3: Using Social Media to Communicate Your Brand Lesson 4: Red Flags on Social Media That Lead to a Weak Brand Lesson 5: Networking on Social Media Platforms Lesson 6: Who You Follow and Who Follows You

Learning Objective: Recognize the impact social media has on your brand and evaluate your activity against what recruiters and employers look for.

Content Sensitivity & Ethics When Posting On Social Media

Lesson 1: Why You Should Use Caution When Posting Anything Discriminatory
Lesson 2: Why You Should Use Caution When Posting About Politics
Lesson 3: Why You Should Use Caution When Posting About Religion
Lesson 4: Why You Should Use Caution When Posting About Race
Lesson 5: Why You Should Avoid Posting Illegal Activities, Weapons, & Violence
Lesson 6: Why You Should Avoid Posts with Drugs and Alcohol
Lesson 7: Why You Should Avoid Posting Anything Sexually Inappropriate
Lesson 8: The Consequences of Cyberbullying
Lesson 9: Why You Should Avoid Posts with Explicit Language, Gestures & Rants
Lesson 10: Why Context Matters

Learning Objective: Implement positive practices with respect to content sensitivity and ethics.

Protecting Yourself and Your Personal Brand Online

Lesson 1: Exposing Your Personal Information Online Lesson 2: Exposing Your Current Location Online Lesson 3: Protecting Yourself & Confidential Information Where You Work Lesson 4: The Do's and Don'ts When Using Public Wifi Lesson 5: Become "Googleable"

Learning Objective: Understand and execute privacy and protection measures for your information.



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Intended Learning Outcomes

Understanding Your Personal Brand

- a. Describe what a personal brand is
- **b.** Understand the components that make up you brand
- c. Create a strong and positive personal brand
- d. Identify the consequences of not having a positive brand

The Impact Social Media Has on Your Personal Brand

- **a.** Explain how social media plays a big role in building your brand
- **b.** Understand the benefits of positive social media use for your brand
 - c. Utilize social media to communicate your brand
 - d. Recognize and avoid common mistakes that weaken your brand
 - e. Network effectively online across different social media platforms
 - f. Evaluate how "who you follow and who follows you" affects your brand

Content Sensitivity & Ethics When Posting On Social Media

a. Identify posts, comments, and images that could be discriminatory against a particular group of people

b. Explain why posting about politics is highly sensitive and adopt a healthy approach for discussion

c. Recognize the consequences of posting about religion on social media
 d. Define racism and understand the repercussions of making racist posts and comments online

e. Demonstrate good judgment when it comes to posting or not posting activities that are illegal in any part of the country

f. List the implications of posting anything sexually inappropriate

g. Understand behavior that is cyberbullying and evaluate posts and comments carefully before sharing

h. Overcome the urge to rant or vent online, especially about your school, career, and place of work

i. Assess your posts and comments to ensure you choose the right context for your words

Protecting Yourself and Your Personal Brand Online

a. Take precautions from posting & sharing too much personal information online

b. Take measures to prevent the wrong people from knowing your current location online

c. Protect yourself and confidential information where you work

d. Implement best practices when using public wifi

e. Perform a Google Search on yourself and take action to have any unwanted content removed