

Topic: Pause Before You Post



Learning Objectives – Students will be able to:

- Recognize situations that require thoughtful digital decision-making.
- Collaborate to evaluate online choices and their possible consequences.
- Demonstrate how responsible decisions can create safer, kinder digital communities.

Materials

- Digital Leadership Challenge Cards (one per group)
- Digital Decision-Making student handout (one per student)
- Pens or pencils
- Whiteboard or projector (optional, for recording ideas during the guided example)

Lesson Plan

1. Introduce the activity
 - Explain that every online interaction presents an opportunity to demonstrate leadership. We don't always control what we see online, but we can control how we respond.
2. Teach "PAUSE • THINK • LEAD"
 - Explain to students that being a positive digital leader means thinking carefully about how our online choices affect ourselves and others. Introduce PAUSE • THINK • LEAD as a simple three-step strategy for making responsible decisions in digital spaces.
 - Write the three steps on the board or display them for students to reference.
 - Read the following scenario aloud:
 - Someone shares a rumor about a classmate in your class group chat. Several students begin commenting and forwarding the message. You're not sure whether the rumor is true.
 - PAUSE – What is happening?
 - Ask students to identify the challenge before thinking about what they would do.
 - Possible guiding questions:
 - What is happening in this group chat? Who might be affected by these messages? What information do we know, and what don't we know?
 - Possible student responses:
 - A rumor is spreading about a classmate.
 - We don't know whether the information is true.

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Lesson Plan

- THINK — What could happen next?
 - Ask students to consider different choices and their possible consequences.
 - Possible guiding questions:
 - What are some ways you could respond? What might happen if you forward the rumor? What might happen if you choose not to participate?
 - Possible student responses:
 - Sharing the rumor could cause it to spread further.
 - The classmate might feel upset or excluded.
 - LEAD — What positive action can you take?
 - Ask students to decide how they could respond safely, responsibly, and respectfully.
 - Possible guiding questions:
 - What would a positive digital leader do? How could you help without making the situation worse? When might it be important to ask a trusted adult for help?
 - Possible student responses:
 - Don't forward or repeat the rumor.
 - Encourage others to stop sharing it.
 - Ask a trusted adult for help if the situation continues or becomes harmful.
3. Small Group Activity
- Divide students into groups of 3-4. Give each group a Digital Leadership Challenge Card and ask them to complete the three sections of their student handout together.
 - Encourage students to consider multiple responses before choosing their action.
4. Group Share
- Invite groups to share their scenarios, the choices they considered, and the positive action they selected.
5. Closing Reflection
- Remind students that leadership isn't limited to the classroom, sports field, or community. It also includes the choices we make in digital spaces.
 - Aaron Judge founded the ALL RISE Foundation to inspire young people to become responsible citizens and reach their unlimited possibilities. By practicing positive digital citizenship, students can demonstrate those same leadership qualities in their everyday lives.
 - Ask students to complete the following sentence: "One way I can lead by example online, just as leaders do on and off the field, is..."

Name: _____

Date: _____



Pause - Think - Lead

Digital Decision-Making

Directions: Read your group's challenge card. Discuss each step together, then record your group's ideas. Consider more than one possible response before deciding how to lead.

Challenge Card #: _____ Challenge Title: _____

1. PAUSE — What is happening? Describe the situation. Who is affected? What do you know or still need to know?

2. THINK — What could happen next? Identify at least two choices and what might happen as a result.

3. LEAD — What positive action can you take? Agree on a safe, respectful response. Explain why your group chose it.

4. ALL RISE Connection. Aaron Judge encourages young people to lead by example. What leadership quality does your group's response demonstrate?



Digital Leadership Challenge Cards

Card 1: The Group Chat

A classmate shares an embarrassing photo of another student without asking permission. Other students start forwarding it.

Your Challenge: How can you demonstrate respect and responsibility?

Card 2: Is It Real?

A video showing something surprising about a popular athlete is spreading online. You aren't sure whether it's real or AI-generated.

Your Challenge: How can you decide whether the video is trustworthy before sharing it?

Card 3: The Gaming Community

During an online game, a new player makes a mistake. Other players begin insulting them and telling them to leave.

Your Challenge: How can you help create a more welcoming gaming community?

Card 4: The Unknown Message

Someone you don't know sends you a message asking for personal information and promising a special reward.

Your Challenge: How can you protect your privacy and make a safe decision?

Card 5: The Negative Comment

You post something you're proud of, but someone leaves a mean comment. You're tempted to respond with an insult.

Your Challenge: How can you respond with confidence and respect?

Card 6: Sharing Without Permission

You take a funny photo of a friend at school and want to share it online. Your friend asks you not to post it, but you think everyone would enjoy seeing it.

Your Challenge: How can you demonstrate respect for your friend's wishes?



Digital Leadership Challenge Cards

Card 7: The Online Team

You're working on a school project using a shared online document. One student keeps deleting other people's work and making changes without discussing them with the group.

Your Challenge: How can you help your group work together respectfully?

Card 8: The Password Request

A close friend asks for your password so they can log into your account and help you complete a task. They promise they won't share it with anyone.

Your Challenge: How can you protect your account while maintaining your friendship?

Card 9: Left Out Online

Your classmates create a group chat to plan a school activity, but intentionally leave out one student who wants to participate.

Your Challenge: How can you demonstrate empathy and inclusion?

Card 10: The Homework Shortcut

You're researching a topic for a school assignment. An AI tool gives you an answer that sounds convincing, but you can't find a reliable source to confirm the information.

Your Challenge: How can you use technology responsibly while making sure your work is accurate?

Card 11: Just One More Video

You planned to spend 15 minutes watching videos online, but an hour has passed. You still have homework and other responsibilities to finish.

Your Challenge: How can you take responsibility for your screen time and priorities?

Card 12: Using Your Voice for Good

You learn about a community project that needs volunteers. You want to use technology to encourage others to help, but you're unsure how to get started.

Your Challenge: How can you use digital tools to inspire positive action in your community?