

Message Mindset Answer Key

Answers will vary; below are key reflection points teachers can look for:

1. Student identifies awareness of their emotions when communicating.
2. Student describes a clear example of misunderstanding or miscommunication.
3. Student recognizes a need for clarity or polite tone.
4. Student acknowledges emotional control or areas to improve.
5. Student identifies strategies such as pausing, proofreading, or calming down first.
6. Student suggests healthy boundaries or pacing in communication.
7. Student shares a positive communication trait.
8. Student identifies an actionable improvement goal.
9. Student creates a measurable goal related to digital etiquette.
10. Student connects behavior change with better relationships or outcomes.

Teacher's Guide

- **Differentiation Tips:**

- Allow students to answer verbally if writing is challenging.
- Offer sentence starters such as "One way I can improve is..." or "When I'm upset, I can..."
- Use visual prompts or examples of polite vs. rude messages to support understanding.

- **Engagement Ideas:**

- Have students anonymously share one goal to create a "Digital Respect Wall."
- Discuss how emotions and tone affect online communication before journaling.

- **Extension Activities:**

- Encourage students to keep a one-week "Digital Behavior Log" tracking positive communication choices.
- Ask students to write a short reflection paragraph later about how their goal has helped them grow in digital etiquette.