media power youth™

REAL MEDIA SKILLS
BRIGHTER FUTURES

READY-TO-USE

FREE FLEX BLOCK LESSONS

Media Literacy. Social-Emotional Learning. Real-World Impact.

Designed for grades 4-7. Also ideal for enrichment periods!



Meaningful Conversations for Real Life

Help students think critically about the media they see, make healthy choices, and become confident, engaged members of their communities.

MEDIA LITERACY

Helps students think critically about the media they see, hear, share, and create.

SEL ACTIVITIES

Build self-awareness, self-management, resilience, empathy, and responsible decision-making skills.

REAL-WORLD TOPICS

Explores practical strategies including tech habits, personal wellness, peer support, and self-advocacy.

FLEXIBLE & EASY TO USE

Each lesson is ready-to-go with slides, discussion questions, and activities.

WHAT'S INCLUDED?

- 14 complete lessons (slides + facilitator notes)
- Engaging videos and real-life examples
- Discussion questions and student activities
- Ready to use – low prep required
- Designed for students in grades 4-7

LESSON TOPICS INCLUDE:

- Self-Confidence
- Friendships
- Vaping Prevention
- Digital Citizenship
- Environmental Protection
- Nutrition
- Sleep Habits
- Community Involvement
- Healthy Leadership
- *and MORE!*

Small Blocks Big Impact

Media Power Youth is a New Hampshire nonprofit dedicated to improving youth well-being through creative media literacy and essential life skills education. This resource is provided at no cost to educators as part of MPY's commitment to making media literacy education accessible for all schools and students.

Click or scan to receive this lesson collection.