

Appendix D. Printable Six-Week News Pickles Learning Plan

This one-page printable plan summarizes the six-week News Pickles sequence for classrooms, youth programs, libraries, mentorship settings, and family learning.

Week	Focus and Core Skill	Student Activity	Printable Output / Checkpoint
1	Pause before amplification; Strategic Volitional Delay.	Reflect on emotional headlines, notifications, and peer pressure. Example: notice a headline that creates urgency or anger.	Pause pledge; explain how pausing protects judgment.
2	Facts, opinions, and framing; evidence separation.	Analyze headlines and sort facts from framing or emotional language. Example: separate “breaking” or “shocking” from evidence.	Facts-versus-framing worksheet; identify trigger words.
3	Source verification; primary-source research.	Trace a viral claim to documents, records, data, or credible reporting. Example: check a school notice, study, or original article.	Research note; distinguish evidence from commentary.
4	Media systems and incentives; tactic identification.	Audit native ads, influencers, opinion leaders, omission, urgency, and amplification. Example: identify a sponsored post or repeated claim.	Tactics map; name the strategy before accepting it.
5	Policy, institutions, and local evidence; institutional literacy.	Compare social media claims with official school, local, state, or federal sources. Example: verify a policy claim on an official website.	Policy-impact brief; identify costs, benefits, and sources.
6	Digital wellness and civic action; reflective participation.	Connect research-first habits to restorative offline practices and constructive action. Example: take a screen-free pause before choosing a response.	Reflection portfolio; name one realistic evidence-based action.

Table 13. One-Page Printable Six-Week News Pickles Learning Plan

Ethical Position and Disclaimer: The News Pickles Model is intended for academic, educational, and youth-development purposes. It is not designed to provide definitive legal, medical, psychological, professional, or policy advice. Educators, mentors, parents, caregivers, and community leaders should adapt materials to local policy, protect student privacy, maintain a nonpartisan educational posture, and describe youth wellbeing benefits as hypothesized educational outcomes rather than clinical claims.