



TECH AND VALUES

Values Voting

INSTRUCTIONS

This is a group exercise called “dot voting.” Dot voting is a collaborative, efficient, and engaging method for visualizing a group's collective instincts and inclinations. It's also a great way to spark discussion. This exercise is best done after [sorting values](#) individually.

- Step 1** Print out each value on a single sheet of paper and tape it to the wall.
- Step 2** Distribute 10 stickers to each student: 5 in red and 5 in yellow (or whatever two colors you have available). Students will vote by placing stickers on the posters. They can place one sticker on five different values or all five stickers on one value, or some other distribution. They do not need to use all their stickers. Ask them first to vote with one color (e.g., yellow) on **values technology helps them live**. Then, ask them to vote with the other color (e.g., red) on **values technology makes harder to live**.
- Step 3** After voting, stand back and discuss: What do we notice? What does our dot voting reveal about how tech impacts our values?

NOTE

Some values will have a majority of “helps” dots, while others will receive a majority “hurts” dots (this is evident when a value has dots that are all or almost entirely in a single color). Other values will have a mix of both colors. This signals an important nuance: a sense that tech use can both hurt and help a particular value. Values voting thus quickly provides a sense of how complicated it can be to live our values with technology.



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





AUTHENTICITY

being myself, being genuine, knowing who I am



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





BALANCE

being intentional about
my time and focus

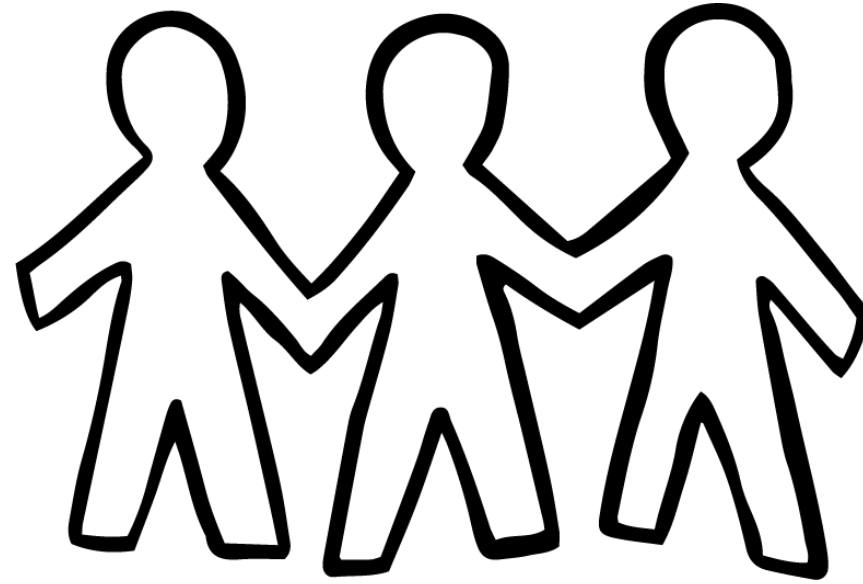


This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





CONNECTION

building and keeping close relationships,
being there for friends and family, making friends

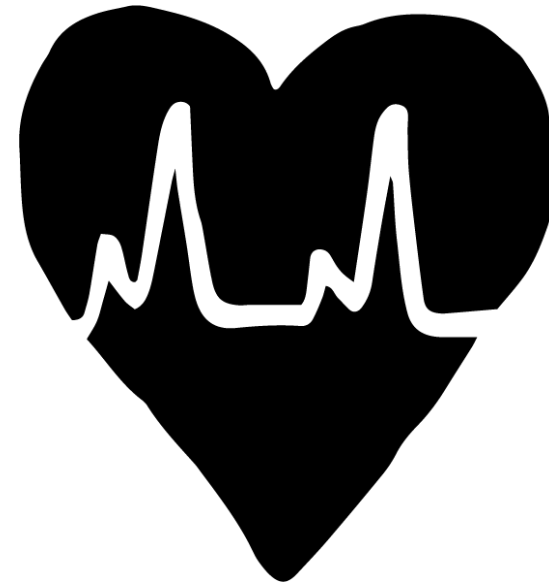


This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





EMOTIONAL HEALTH

accepting myself for who I am,
mental health, self-confidence



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





GRATITUDE

appreciating the life
and things I have



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





HARD WORK

striving academically, taking steps toward my future career

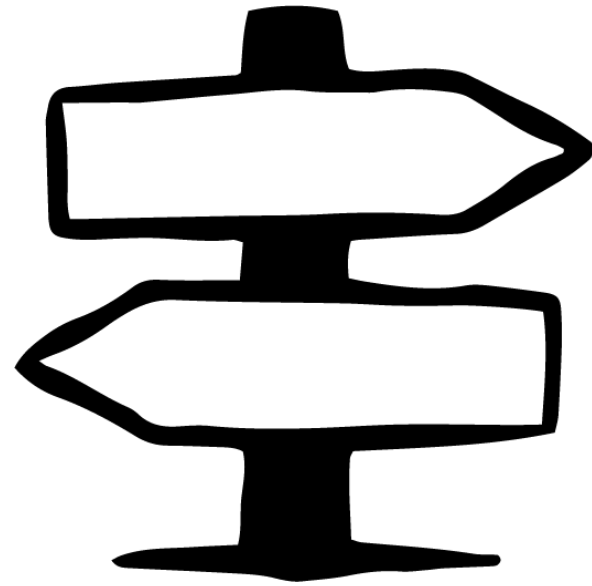


This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





INDEPENDENCE

thinking for myself,
making my own decisions



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





JUSTICE

standing up for
what is right and fair



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





KINDNESS

being considerate, helpful, and caring—to myself and others



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





OPEN-MINDEDNESS

willing to consider new ideas,
listen to others, learn and grow



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





PHYSICAL HEALTH

taking care of myself physically,
including sleep, food, movement

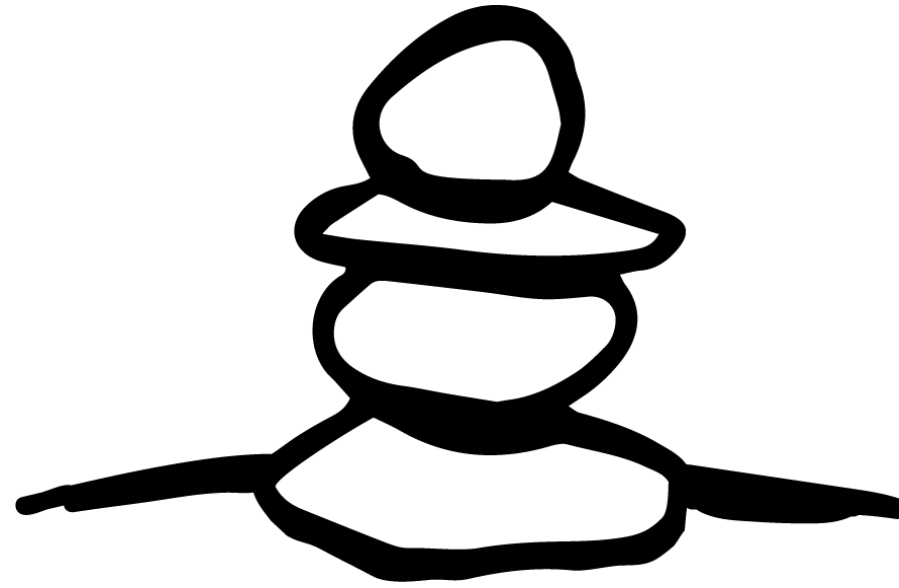


This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





PRESENCE

being present in the moment,
giving people my full attention



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





PRIVACY

having boundaries, respecting
boundaries, protecting myself



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING





SPIRITUALITY

leaning into my faith, spirituality,
and/or enlightenment



This resource was created by the Center for Digital Thriving at the Harvard Graduate School of Education, in partnership with Common Sense Education. It is shareable with attribution for noncommercial use. Remixing is encouraged!



CENTER FOR
DIGITAL
THRIVING

