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Online Safety Officer Curriculum

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Additional modules will be added prior to training dates.	

OSO Training Curriculum

Executive Summary

The Online Safety Officer (OSO) Training Curriculum is designed to equip parents and school community members with the tools and knowledge they need to become effective advocates for online safety. **OSOs serve as dedicated leaders within their schools,** delivering the Digital Parenthood Home Base curriculum to parents and helping families navigate the challenges of the digital world. By providing guidance and tailored recommendations, OSOs empower parents to foster safe and healthy online behaviors for their children.

The Training Curriculum includes three comprehensive modules that address key aspects of online safety:

- Module 1—Parenting in the Digital Age: Being Curious and Setting Boundaries
 Teaches parents how to engage in open, effective communication with their
 children about online activities, while setting appropriate limits on digital use.
- Module 2—Red Flags and Warning Signs: Spotting Trouble Before it Happens
 Provides parents with practical strategies for identifying and addressing
 potential risks in their children's online interactions before they escalate.
- Module 3—Virtual Vibes: Connecting with Your Child in the Digital Age
 Focuses on building strong, trusting relationships between parents and children,
 fostering a safe digital environment through ongoing communication and
 support.

Throughout the school year, OSOs participate in expert-led virtual training sessions designed to help them deliver the Home Base curriculum with confidence. These "train the trainer" materials ensure that OSOs are not only knowledgeable but also skilled in communicating the content in a way that resonates with their school community. Take-home kits provide parents with the resources they need to implement the safety practices learned in the sessions.

By facilitating one-on-one conversations with parents and school leaders, OSOs become trusted advocates for online safety, ensuring consistent support and clear messaging within their schools. This comprehensive approach helps create a safer digital landscape for all children.

Learning Foundations

This training curriculum is built upon several key educational theories: constructionism, experiential learning, and Bloom's Taxonomy.

Constructionism

Constructionism, pioneered by Seymour Papert, emphasizes learning through doing and creating. Online Safety Officer training fosters this by encouraging parents to engage with the material in a hands-on manner—through activities. By facilitating real-world application, OSOs and parents can construct their understanding of online safety through direct interaction, dialogue, and reflection.

The inclusion of AI simulations allows learners to engage in child-parent roleplay, which provides a platform for them to learn by doing, exploring the nuances of effective communication and adapting strategies in real-time.

Research Support: Papert's work highlights that knowledge is best constructed when learners are actively involved in their learning process. Active participation, rather than passive reception, increases retention and understanding (Papert, 1991).

Experiential Learning

David Kolb's model of experiential learning underpins much of the OSO curriculum. Parents cycle through concrete experiences (e.g., discussions, simulations), reflective observation (e.g., group reflection on the 5 Cs), abstract conceptualization (e.g., creating media plans), and active experimentation (e.g., trying the practices

at home). These experiences allow them to not only grasp theoretical concepts but also apply them to their unique family dynamics.

Research Support: Kolb's theory posits that learning is a continuous process grounded in experience. By reflecting on concrete experiences, learners create knowledge that is deeply personal and meaningful (Kolb, 1984). This cycle is central to the OSO training process, where parents are encouraged to apply lessons learned in real-world settings.





Module 1:

Parenting in the Digital Age: Being Curious and Setting Boundaries





Learning Objectives:

Parents will be able to...

- 1. Identify opportunities for improving how they support their child around online safety.
- 2. Open lines of communication around their family's online behavior and use co-exploration to understand their child and their child's online interests and behavior.
- 3. Establish family-specific and developmentally-appropriate digital boundaries.

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Module 1 Outline:

A	Activity included inside
R	Resource included inside

- 1. Warmup (10 min)
 - a. Activity: Modern Media Quiz (Resource) (A)
 - b. Review the learning goals
 - c. Setting training expectations (Resource) 🗈
 - d. Want to learn more? Book recommendation: The Anxious Generation
- 2. The 5 Cs (10 min)
 - a. Introduce the 5 Cs, from the American Academy of Pediatrics (Resource)
 - Child know your child
 - **Content** know what content your child is using
 - Calm help kids learn ways to calm down other than media
 - Crowding out ensure that online behavior is not crowding out other types of activity
 - **Communication** open lines of communication around social media
 - b. Activity: Identify two key areas from the 5 Cs where you can strengthen your relationship with your child(ren). Directive: "Raise your hand/stand when I say the one you've chosen." (A)
- 3. Co-exploration (10 min)
 - a. Define co-exploration: Sitting alongside your child and discovering together what they do online.
 - b. Question: Which of the 5 Cs does co-exploration help with?
 - c. Tips for Beginning Co-Exploration with Your Child (Resource) 🕟
- 4. Establishing boundaries with a media plan (25 min)
 - a. Review the Media Plan (Resource) 😱
 - b. Activity: Practice with the AI (A)
 - c. Question: What did you learn from your conversations?
- 5. Takeaways (5 min)
 - Reminder that resources are available in your training kit and we'll provide a parent kit as well, including everything discussed today AND conversation starter cards.
 - b. Question: What's something you want to try at home?

Sources

- American Academy of Pediatrics. (2016). Media and Young Minds. Pediatrics, 138(5).
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Module 1 Activities and Resources for OSOs

Modern Media Quiz for Parents

1. Which of the following is a viral dance on TikTok?

- a. The Floss
- b. The Renegade
- c. The Wobble
- d. The Carlton

2. What does "ASMR" stand for?

- a. Advanced Social Media Research
- b. Avatar Style Modification Revolution
- c. c) Autonomous Sensory Meridian Response
- d. Absolutely Sensational Muffin Review

3. What is one way to recognize a phishing email?

- a. It comes from a trusted sender
- b. It asks for sensitive information like passwords or credit card numbers.
- c. It has no spelling or grammar errors
- d. It is clearly marked as an official email from your bank

4. What is a common method for improving online security and protecting personal information?

- a. Using the same password for multiple accounts
- b. Enabling two-factor authentication (2FA)
- c. Sharing passwords with friends
- d. Avoiding software updates

Flip over for more...

5. Which of the following is a secure practice for using public Wi-Fi?

- a. Logging into personal bank accounts
- b. Using a VPN (Virtual Private Network)
- c. Sharing your connection with others
- d. Disabling your device's firewall

6. How often should you update your passwords?

- a. Every 6 months to a year
- b. Only if you forget it
- c. Whenever you buy a new device
- d. Never; once a password is set, you don't need to change it

- 6. Every 6 months to a year
- 5. Using a VPN (Virtual Private Network)
- 4. Enabling two-factor authentication (2FA)
- 3. It asks for sensitive information like passwords or credit card numbers.
 - 2. Autonomous Sensory Meridian Response
 - 1. The Renegade

Answer Key

A Guide for Facilitators

Understanding the Complexity of Parenting

Parenting is a multifaceted journey with no one-size-fits-all solution. Research in developmental psychology suggests that parenting styles vary significantly based on cultural, socio-economic, and individual factors, all of which shape family dynamics and outcomes for children (Darling & Steinberg, 1993). Baumrind's (1967) typology of parenting styles—authoritative, authoritarian, permissive, and neglectful—illustrates the range of approaches parents use, each impacting children's development in distinct ways. As a facilitator, it's crucial to recognize that every family brings a unique set of values, challenges, and strengths to the table.

Effective facilitation requires not just awareness but respect for these differences. Families thrive when parenting strategies are aligned with their specific context, and a facilitator's role is to create an inclusive environment that honors diverse perspectives (Grusec & Goodnow, 1994). By fostering an atmosphere of understanding and openness, you enable participants to share experiences and collaborate in finding strategies that work best for them.

Navigate Tensions Thoughtfully

Parenting often involves balancing different perspectives, particularly when families are navigating the rapidly changing digital landscape. The tension between allowing autonomy and enforcing rules for children's online behavior is common, and this requires thoughtful negotiation. Studies show that when parents maintain open communication and involve their children in setting boundaries, children exhibit more responsible behavior online (Livingstone & Helsper, 2008).

As a facilitator, your role is to guide parents through these tensions with empathy and non-judgment. Recognizing the emotional weight that comes with decisions about a child's safety, especially online, is vital. By helping participants articulate

their concerns and offering frameworks like co-exploration (where parents and children navigate the digital space together), you support constructive dialogue that leads to more balanced and positive family interactions.

Focus on Thoughtful Reflection

The role of an instructor is not to provide definitive answers but to encourage participants to think deeply about their parenting approach. John Dewey's theory of experiential learning emphasizes reflection as a critical step in learning and growth. Rather than prescribing specific methods, facilitating reflection enables parents to critically evaluate their current practices and consider how they align with their family's values (Kolb, 1984).

Encouraging reflective thinking can help parents develop tailored strategies that are both developmentally appropriate for their children and sustainable for their family context. This approach is supported by research on metacognition, which highlights the importance of reflective practice in promoting long-term change and improvement in parenting strategies (Schön, 1983). **Facilitators can use prompts, open-ended questions, and scenario-based activities to guide parents in this reflective process,** ensuring that participants leave the session with a deeper understanding of their parenting choices and greater confidence in their ability to navigate future challenges.

Sources

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 Psychological Bulletin, 113(3), 487-496. https://doi.org/10.1037/0033-2909.113.3.487
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- Livingstone, S., & Helsper, E. J. (2008). Parental mediation of children's internet use. Journal of Broadcasting & Electronic Media, 52(4), 581-599. https://doi.org/10.1080/08838150802437396
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The 5 C's:

Understanding the 5 Cs and their role in online safety

The 5 Cs framework—Child, Content, Calm, Crowding Out, and Communication— is an evidence-based approach recommended by the American Academy of Pediatrics (AAP) to help families navigate the challenges of digital life. These five components are designed to encourage a balanced, thoughtful approach to media use that promotes healthy development in children. By addressing these five areas, parents can better understand their child's needs and create boundaries that foster a safer online experience.

Why we're using the 5 Cs

The digital landscape that children navigate today is vast, varied, and often unregulated. With the increased use of mobile devices and the constant presence of social media, it's crucial for parents to have a practical and research-backed strategy for managing digital behavior in their households. The 5 Cs offer a comprehensive, yet flexible, framework that guides parents in addressing key areas of online safety and media consumption. By emphasizing individualized approaches and open communication, the 5 Cs align with the broader goal of co-exploration and thoughtful parenting.

Breaking down the 5 Cs

- Child: Understanding your child's developmental stage, temperament, and
 individual needs is the first step in creating an effective media plan. Research
 has shown that children's cognitive, social, and emotional development varies
 widely based on their age, making it essential for parents to tailor online safety
 practices accordingly (AAP, 2016). Knowing your child helps you set realistic
 boundaries and expectations that they can understand and follow.
- Content: Knowing what your child is consuming online is crucial. Studies
 indicate that exposure to inappropriate or harmful content can negatively affect
 children's well-being, leading to issues such as anxiety, desensitization to

- violence, or body image concerns (Livingstone, Haddon, & Görzig, 2012). Parents should review and discuss the media their child engages with to ensure that it aligns with their family's values and the child's developmental stage.
- 3. Calm: Technology can be a double-edged sword when it comes to emotional regulation. While media can offer entertainment and relaxation, it can also contribute to overstimulation and difficulty calming down. Teaching children how to self-regulate and manage their emotions without relying on digital distractions is an important life skill (Rideout & Robb, 2020). As part of the 5 Cs, parents are encouraged to model and teach calming techniques that go beyond screen time, such as mindfulness, deep breathing, or engaging in physical activities.
- 4. Crowding out: One key risk of excessive screen time is the displacement of other critical activities, such as physical exercise, social interaction, or creative play. Research highlights that children who spend large amounts of time online often miss out on these important developmental experiences (Twenge & Campbell, 2018). By setting limits and balancing screen time with other enriching activities, parents can ensure their child has a well-rounded day that supports their growth in multiple areas.
- 5. **Communication:** Open dialogue about online behavior is essential for fostering trust and guiding responsible choices. Research suggests that children are more likely to follow guidelines and respect boundaries when they are included in conversations about media use (Clark, 2011). The 5 Cs encourage ongoing communication between parents and children about online experiences, challenges, and questions. By engaging in co-exploration—sitting alongside your child and discovering the digital world together—parents can build mutual understanding and promote healthier online habits.

Applying the 5 Cs in training

In this training, the 5 Cs will serve as a foundational tool for guiding parents through the complexities of digital parenting. The framework's adaptability allows parents to apply its principles in ways that resonate with their own family dynamics. We'll engage in discussions, activities, and reflective exercises to help parents identify which areas of the 5 Cs they can focus on and improve.

By using the 5 Cs, this program aims to empower parents to establish meaningful boundaries, build stronger relationships with their children, and ensure that digital media enhances rather than detracts from their family's well-being.

The 5 C's:

Links to Learn More

School-Aged Children

View Here



https://downloads.aap.org/AAP/PDF/CoE_5Cs_School_Age_Children_Final.pdf

Young Teens

View Here



https://downloads.aap.org/AAP/PDF/CoE_5Cs_Young_Teens_Final.pdf

Older Teens

View Here



https://downloads.aap.org/AAP/PDF/CoE_5Cs_Older_Teens_Final.pdf

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Tips for Beginning Co-Exploration with Your Child

Co-exploration is an essential practice that fosters open communication between parents and children regarding online safety. Engaging in this process can strengthen relationships and enhance a child's understanding of their digital world. Here are some evidence-based tips to facilitate effective co-exploration with your child, tailored for different age groups.

General guidelines for all kids

- Set and setting: Choose a relaxed, comfortable environment for discussions.
 Research indicates that children are more open to sharing when they feel at
 ease; settings like car rides or quiet moments at home can be ideal for these
 conversations.
- 2. **Positive mindset:** Approach the conversation with enthusiasm and openness. A positive attitude can encourage your child to engage more willingly. According to child development experts, children are more likely to respond positively when they sense their parent's genuine interest.
- Unrushed time: Ensure you have plenty of time and minimal distractions to
 focus on your child. The American Academy of Pediatrics (AAP) recommends
 that parents create opportunities for uninterrupted conversations, which can
 significantly enhance communication quality.

For younger kids

Playful approach: Engage them by saying, "I want to play with you." This
makes the activity feel like fun rather than an interrogation. Using play-based
techniques can lower defenses and foster a sense of safety, allowing children
to express themselves more freely.

For older kids

- **Express interest:** Tell them you want to learn more about what they're doing online. Research shows that expressing curiosity can help teens feel valued and more willing to share their experiences.
- **Be honest:** Acknowledge that you might feel a bit out of touch. For example, you could say, "I know it may seem weird, but I feel like I have no idea what's going on online these days, and I'm turning into an old person. Can you show me?" Honesty fosters authenticity in communication, making it easier for older kids to relate and respond.
- **Explore together:** Look through your social media accounts together. This shared activity can help bridge the gap and make the conversation more engaging. Collaborative exploration not only increases understanding but also provides an opportunity for parents to model responsible online behavior.

Media Plan: Notes to Adults

Creating a media plan as a family helps set healthy boundaries and ensures everyone is on the same page when it comes to using devices and consuming content. The template sheets that follow will guide you through each step of developing a personalized plan that suits your family's needs. There is a bit of pre-work that you should do though...

Prepare to meet with your child

Get your thinking in order before you start your conversation. If there are multiple parents / caregivers, ensure that you all are aligned on:

- 1. What do you believe should be the boundaries regarding media? If there are two parents / caregivers, the two of you should discuss where you agree and disagree and come to an agreement.
 - What concerns you most with media? The amount of time? The content? Whether it gets in the way of other things, like homework or family time?
 - Use your family concerns to drive which boundaries make the most sense.
 - Scan the template and make sure that you have identified your do-not-cross boundaries

boundaries.

- a. When and where will this conversation take place and who will be there?
- b. How will you start it off? Who will start it off?
- c. How will you handle disagreements with the child? With each other?
- d. To what extent will these agreements hold for you too? Consider having your own boundary/rule in each section.
- e. Will you establish consequences for not respecting the boundary?

Example:

"Let's do this on the weekend when Alex doesn't have a lot of school anxiety. Let's start it on the car ride. We could invite Alex to write down the decisions so that they feel more invested."

Conversa	tion plan:			
				,

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Family Media Plan

1. Our Goal

- Example: "No devices after 8 PM."

Our Boundary:

i, Our Goai
What is the shared goal of our media plan? - Example: "To balance online and offline activities and stay safe online."
Our Goal:
2. Screen Time Boundaries
Weekdays: What are the screen time limits on school days? - Example: "No more than 1 hour after homework."
Our Boundary:
Weekends: Any different expectations for weekends? Vacation days? Summertime? - Example: "Up to 2 hours on weekends."
Our Boundary:
3. Device-Free Zones and Times
Device-Free Zones: Where are devices not allowed? - Examples: "No devices at the dinner table." "No devices in the bedroom."
Our Boundary:
Device-Free Times: When are devices not allowed?

Age-Appropriate Content: What type of content is allowed?

- Examples: "Only educational or parent-approved apps are allowed." "Movies and shows must be G, PG, or PG-13."

Our Boundary:
Content Review: Do new apps need approval?
- Example: "Parents must approve all new apps."
Our Boundary:
Online Threats: What should we do if there's a threat?
- Example: "Tell a parent if a stranger contacts you online."
Our Plan:
5. Review and Adjust
Check-In Date: When will we review the plan? - Example: "In three months."
Our Date:
Signatures and Dates:



Meet Chatbot kids—**Casey, Alex, and Chris**—designed to mimic conversations between caregivers and children about online safety. Each Chatbot represents a child with unique digital behaviors. *In these scenarios, you're playing the parent.*

Casey



Casey, your elementary-aged child, is a bit sassy, smart, and loves her media. You have noticed that she is starting to watch a lot of shows on her tablet and is being sneaky about it. She seems to sense your discomfort. You're concerned and you've decided to have your first real talk with her about this.

Goals:

- Establish open lines of communication
- Educate Casey about healthy use of phones and other devices, and
- Establish shared expectations around media use.

Talk to Casey: https://talkbetterlab.vercel.app/?persona=casey

Alex



Alex, your middle-school son, really wants a smartphone. He keeps bringing it up, but you've hesitated because you're concerned about whether Alex is ready for this responsibility. You're worried about whether he is mature enough to handle all the social and safety issues that come with smartphones.

It is your decision whether to give him a smartphone, if so, what limits and if not, with what explanation. There are no right answers.

Goals:

- Establish open lines of communication
- Educate Alex about healthy use of phones and other devices
- Establish shared expectations around media use

Talk to Alex: https://talkbetterlab.vercel.app/?persona=alex

Chris



Chris is your high school son and feels like his phone and gaming are key parts of his social life. Chris is up late at night, texting, browsing social media, and playing online games. Unfortunately, Chris' grades have started slipping, and you've noticed he's tired a lot more than usual. You realize it's time to step in and help.

It is your decision whether to set firm limits, allow Chris more independence, or say you'll think about it. There is no right answer.

Goals:

- Establish open lines of communication
- Educate Chris about healthy use of phones and other devices
- Establish shared expectations around media use

Talk to Chris: https://talkbetterlab.vercel.app/?persona=chris



Conversation Cards: Print & Play

Or request a physical deck of cards by filling out the form on **givebacks.com/oso**

Directions on how to print

Step 1: You will need eight sheets of 8.5" x 11" paper.

Step 2: Print each sheet single-sided at 100% scale.

Step 3: Cut along the magenta dashed lines, but leave the center connected.

Step 4: Fold the cards in half along the solid grey line.

Step 5: Use a glue stick to attach the backs of the cards together.



what's your favorite...

Share interests and favorite activities.

online safety:

Discuss important digital safety practices.

let's do it together!

Collaborate on tech-related challenges

think creatively! Explore imaginative ideas and fun scenarios.

Dive into feelings and personal experiences

how do you feel?

Pick a card from each category and use it to start an engaging conversation.



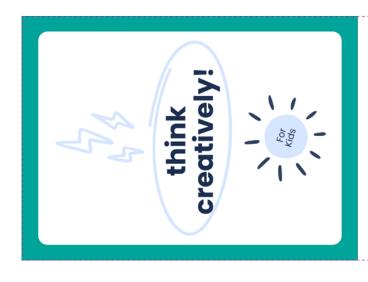
thing you've learned Where do you go to What's the coolest learn new things online?

app, what would it be? If you could design an

on the internet?



who would they be? If your parent were movie character,



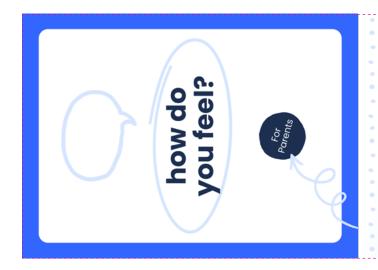


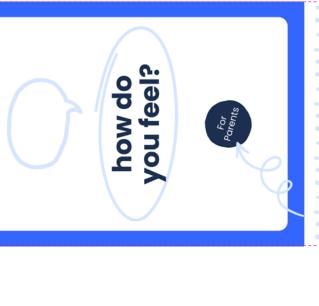
child's online activity impact you? How does your

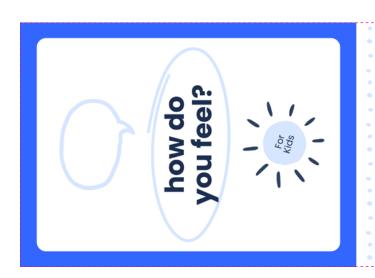
an app, what would If you could create

you make?

is being used in your Are you happy with how technology household?





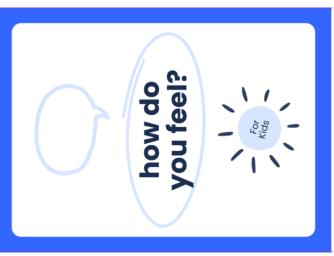


How does social media make you feel?

What's your favorite way to spend time with your child?

How do online games

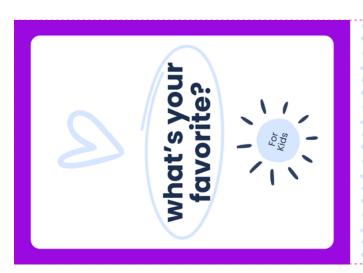
make you feel?



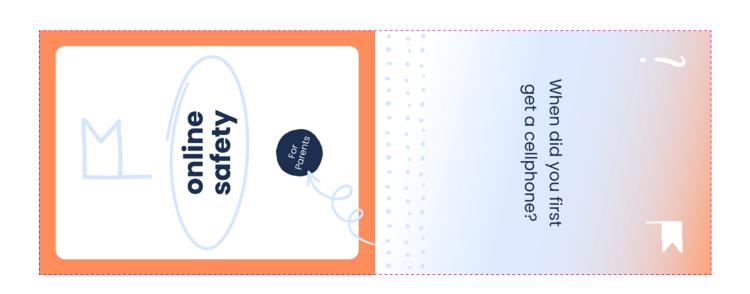




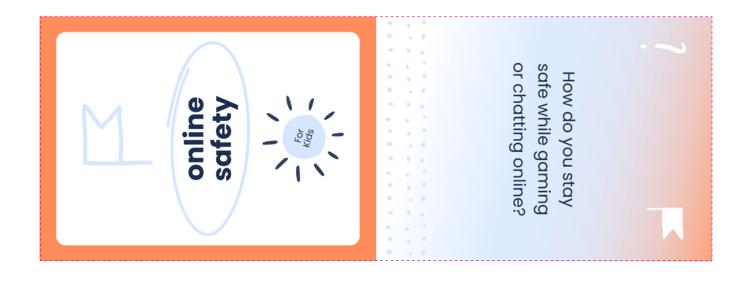
What's your favorite online game or app?

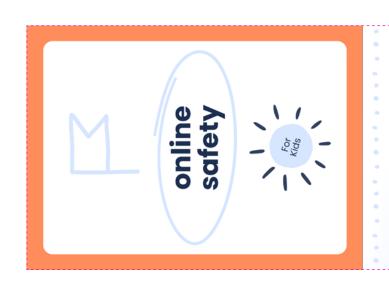


What's your favorite thing to do on your device?









Have you seen anything online that made you feel bad?

What tech challenge should we tackle as

a family?



How can we make better digital habits?









How can we be safer online?



Join the Conversation on Digital Parenting

Connect, share, and learn with parents just like you.



The **Digital Parenthood Community** is more than a resource—it's a supportive space where parents learn to navigate the digital world together.

What's waiting for you:

- → Read and watch insightful content about topics like cyberbullying, gaming, and online predators.
- → Connect and share your experiences with parents just like you.
- → Get expert advice on social media, technology milestones, and child psychology.
- → Save and share helpful posts and discussions to build your digital parenting toolkit.



Ready to be part of a community that gets it?

Scan the QR code or join us at DigitalParenthood.com

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Aura Online Safety Plans for Families and Individuals



Aura's all-in-one, online security solutions proactively keep individuals and their families safe from identity theft, financial fraud, and online scams and threats. As the leader in intelligent safety solutions, Aura's one-of-a-kind subscription service brings together security, privacy and parental controls into a single app that can be utilized on up to 50 devices. Aura's affordable plans make adaptive and proactive digital safety accessible to everyone.

Aura's technology is easy to use, simple to set up, and comes with 100% U.S.-based customer support that is available 24/7. All subscription plans are backed with \$1,000,000 in identity theft insurance for peace of mind.¹











Online & Device Security Protection



Antivirus

Keeps your devices safe from all types of malware, such as viruses, ransomware, spyware and more.

Virtual Private Network (VPN)

Shop, bank, and work online safely and privately. Our VPN secures your online activities with military-grade encryption to help keep data and accounts safe from hackers.

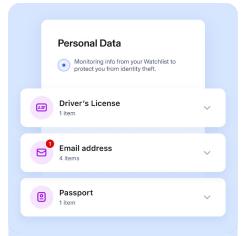
Safe Browsing

Aura, using machine learning and Al, automatically stops you from entering known malicious sites, like malware and phishing sites, that may steal your personal and financial info.

Password Manager

Secures your online accounts with strong passwords and easily access them across devices.

Identity Theft & Fraud Protection



\$1M per Adult in Identity Theft Insurance

Credit Monitoring

Real-time alerts across top three major credit bureaus (Equifax, TransUnion, and Experian).

Experian One-Click Credit Lock

Easily lock and unlock your credit within the Aura app.

Financial Transaction and Bank Account Monitoring

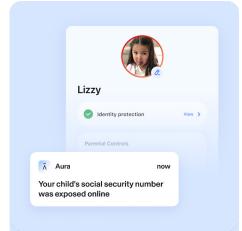
Scam and phishing protection while you browse online.

Personal Information and SSN Monitoring

Secures your online accounts with strong passwords and easily access them across devices.

Spam Call, Junk Mail, and People Search Site Removal

Parental Controls



Content Blocking and Filtering

Customize what apps, games, and websites your kids can view online.

Child SSN Alerts

Aura scans billions of public records to detect and alert you if your Child's SSN is being used by someone else.

Screen Time Limits

Time limits for any app or website, customized per family member.

Internet Usage and History Tracking

Mobile Device Management

Add parental controls across all mobile devices.

Media Contact Vardhinee Prakash media@aura.com 925.791.7147