

Welcome!

To warm up, test your modern media knowledge.

Don't share your answer yet.

Which of the following is a viral dance on TikTok?

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

What does "ASMR" stand for?

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



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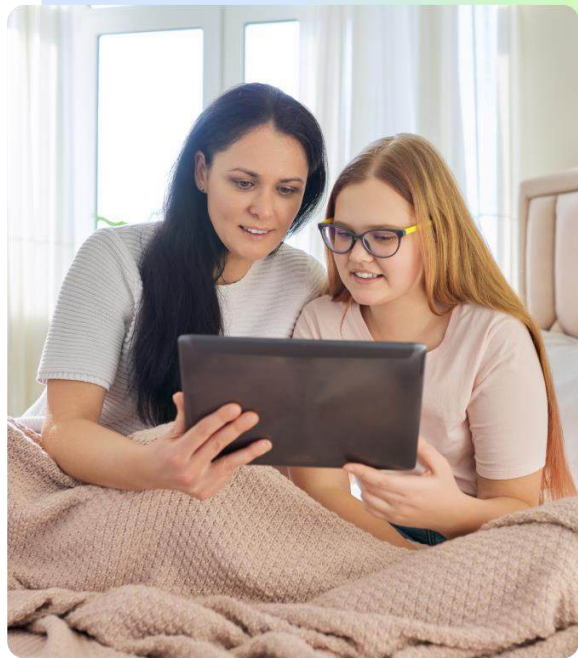
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Online Safety Training

Module 1: Being curious and setting boundaries

Introductions





Agenda

1. Setting Context
2. The 5 Cs
3. Co-exploration
4. Establishing boundaries with a media plan
5. Takeaways

Learning Goals

Parents will be able to...

- Identify opportunities to improve how they support their child's online safety
- Open lines of communication around their family's online behavior and use co-exploration to understand their child
- Establish family-specific and developmentally appropriate digital boundaries





Our guiding principles

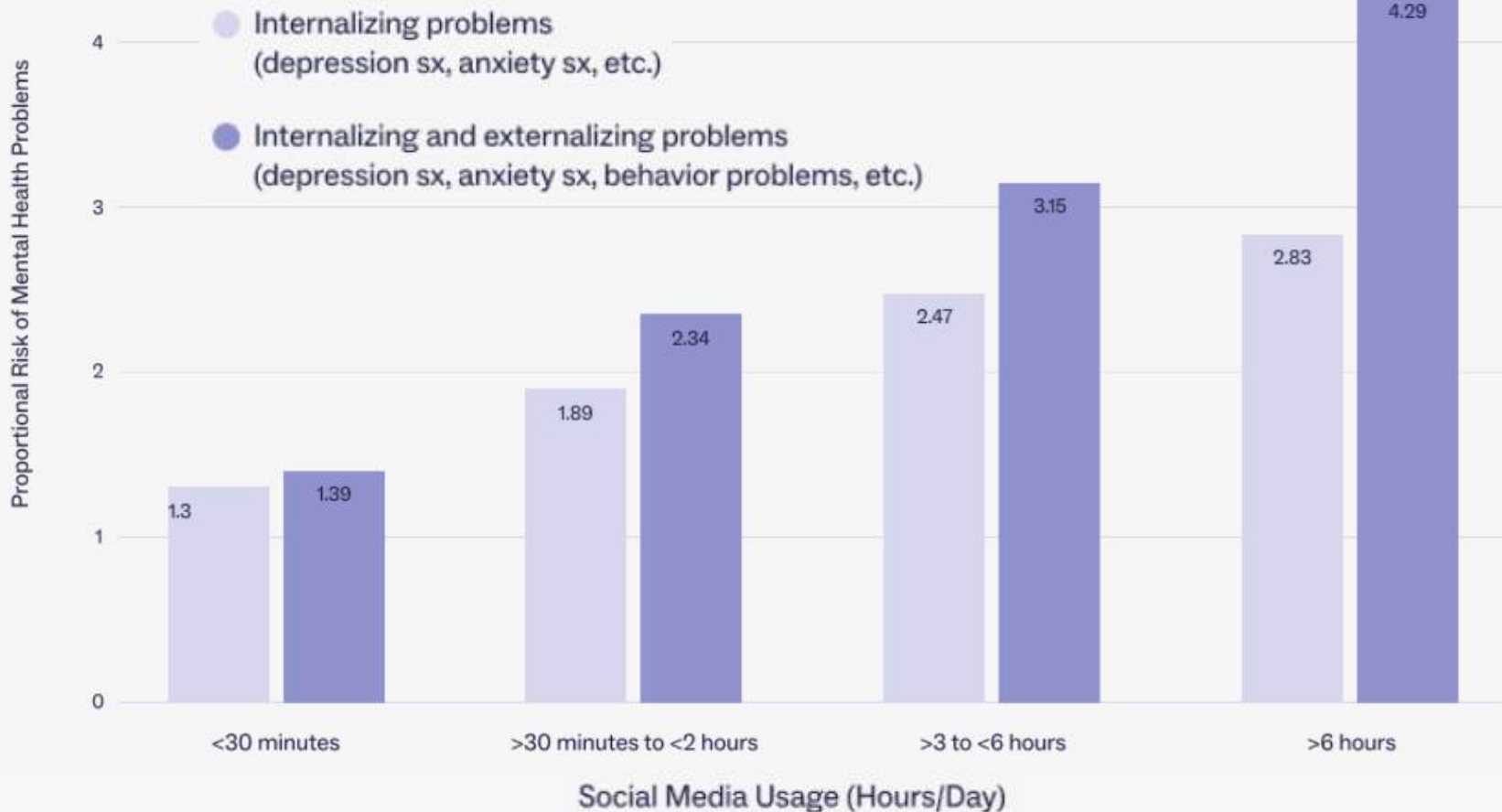


- Parenting is complex
- Different folks, different strokes
- Right questions > Right answers



On average, how many hours per day do US teens spend on social media?

Proportional Risk of Mental Health Problems by Social Media Time Among US Teens



Percent of U.S. 12-17 year olds with major depression

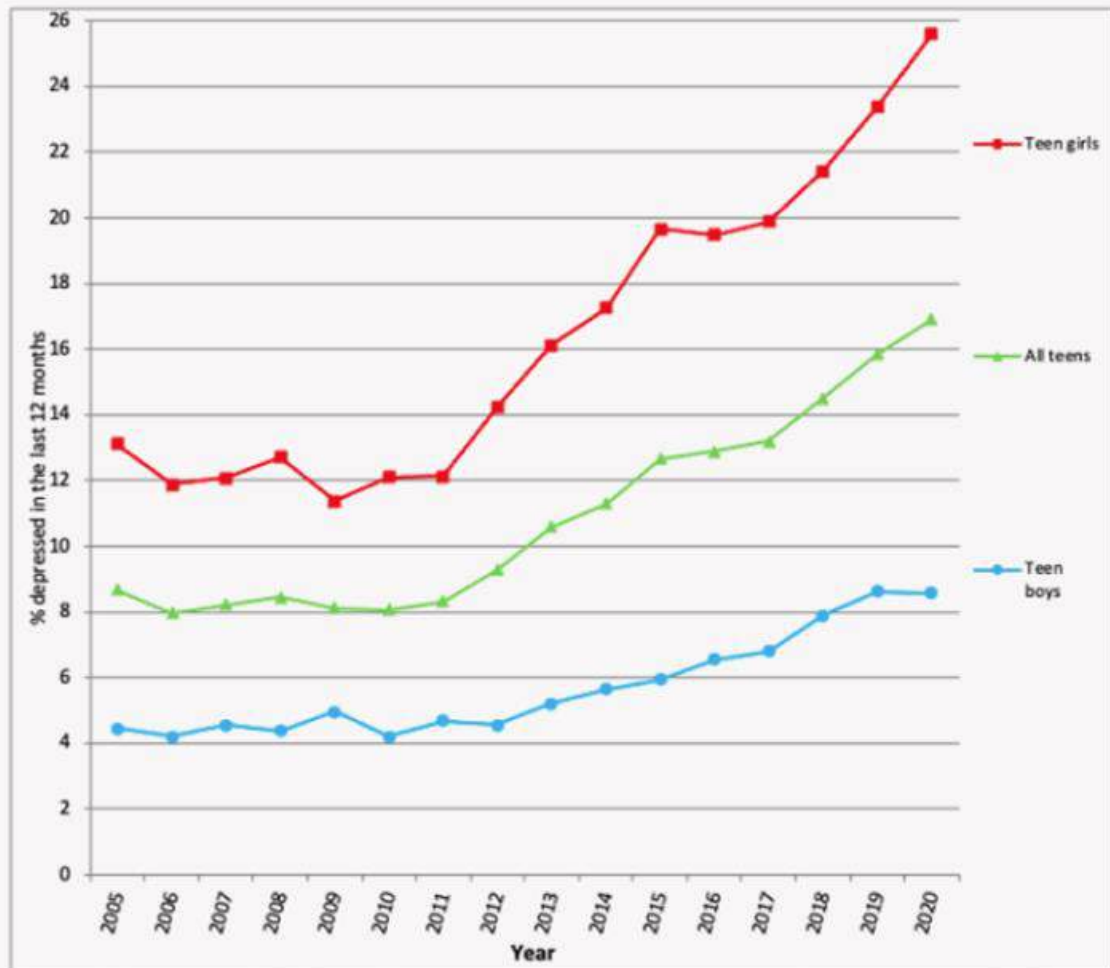
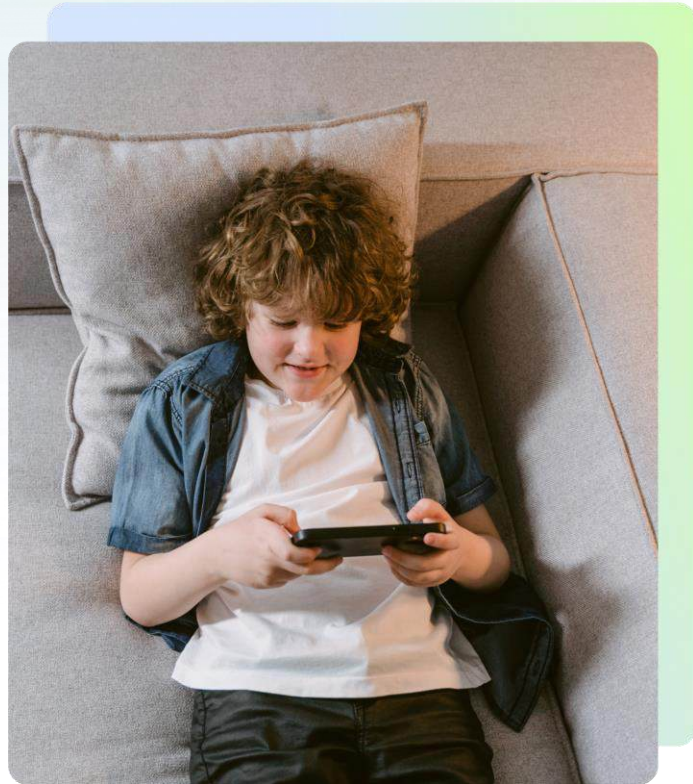


Figure 2: Percent of U.S. 12- to 17-year-olds with major depression in the last year, 2005-2020
Source: National Study of Drug Use and Health. NOTE: Depression assessed using DSM criteria.

The 5 Cs



- Framework for approaching online safety
- Developed by AAP
- Helps families navigate online safety



Question ahead!

Which two of the 5 Cs deserve
your attention most?



1 Child

Know your child

- Connect media habits to your child's unique traits or challenges
- Understand how media impacts them
- Explore with them how media worsens anxiety or supports positive relationships



2

Content ⚡

Know what content your child is using

- Evaluate the quality of the media your children consume
- Encourage finding positive media alternatives
- Discuss the emotional and behavioral impact of what your kids watch or play.



3

Calm



Help kids learn ways to calm down other than media

- Discuss the pros and cons of using media as a coping strategy for managing emotions or sleep
- Offer alternative strategies for calming down besides media
- Highlight the importance of diverse coping mechanisms for emotional regulation



4

Crowding out

Ensure online behavior is not crowding out other types of activities

- Shift the focus from screen time to what media may be crowding out
- Help children recognize digital media “hooks” that keep them online longer
- Encourage intentional media use by discussing family priorities and daily routines



5

Communication



Open lines of communication
around social media

- Encourage regular family discussions about digital media to build digital literacy
- Stay open-minded and ask questions to reduce stress and guilt
- Aim for frequent, ongoing conversations rather than one perfect talk



Which two of the 5 C's deserve your attention most?

Child

Content

Calm

Crowding out

Communication

Co-exploration

Definition: sitting with your child
and seeing what they do online

...why?



Which of the 5 Cs does co-exploration help with?

Child

Content

Calm

Crowding out

Communication

What's challenging about
co-exploration?

Co-exploration tips

1

Set and setting

2

If it's weird, say it

3

Co-explore your account

Family Media Plan



Why create a family media plan?

It helps set healthy boundaries and ensures that everyone is aligned on how devices and digital content are used.



Media plan

In your HUB, we're provided a template and exercise for parents to prepare.

Family Media Plan

1. Our Goal

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?

A

Content Guidelines

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."

Boundary: _____

Review: Do new apps need approval?
Example: "Parents must approve all new apps."

Boundary: _____

What should we do if there's a threat?
Call a parent if a stranger contacts you online.

Review and Adjust

When will we review the plan?
Months.

Establishing boundaries



Modeling



Co-creation
vs.
command



Boundaries that
work for your family

Align the parents +
pre-decide your firm
boundaries

Conversation tips

1

"What do *you* think?"

2

"I" vs "you should"

3

Go slow and get back to them if needed

A series of five short, blue, curved lines arranged in a fan-like pattern, pointing towards the text.

Let's practice

Practice with kids



Casey
Elementary school



Alex
Middle school



Chris
High school

Working with AI



- 1 AI is not perfect
- 2 Scenario mismatch
- 3 Take what you can and leave the rest

... and remember boundary-setting and effective communication!

AI practice plan



- 1 7-minute first attempt
- 2 Regroup
- 3 10-minute second attempt

Logging in



1. Work on your own and compare with your partner later
2. Log in and choose your character



Scan the QR code or:

<https://talkbetterlab.vercel.app/tbl/scenarios>

Resetting

What do you want to try
the second time to get a
better score?



Takeaways

What ideas or moves do
you want to use or think
about more?



When _____, then I will _____

Q&A





Parent take-home kit

We will provide a kit for parents with everything they need to talk about online safety.

- The 5 Cs
- Tips for Beginners: Co-exploration with Your Child
- Media plan
- Conversation starter cards
- Activities for age-appropriate quiet time



Aura

As a leader in family online safety, Aura helps families navigate challenges as they raise the first truly connected generation.

FOR PARENTS

Free Parental Controls from Aura for 30 Days

Filter, block, or monitor what your kids are doing online. Parental Controls from Aura allows you to set custom screen time limits, pause the Internet[®], and much more.

Thank you!

Your contact info