

# 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
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givebacks<sup>\*</sup> x ĀURA

Welcome to

# Online Safety Officer Training

# Introductions



# Before we begin...

1

Welcome to Module 1 of 3!

2

Become an Online Safety Officer

3

Lunch or dinner is on us! Uber Eats link via email

4

Take a peek at your HUB



# Being curious and setting boundaries



# Agenda



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

## Teaching Module 1:

1. How to run this training yourself
2. Q&A
3. Next steps



# 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







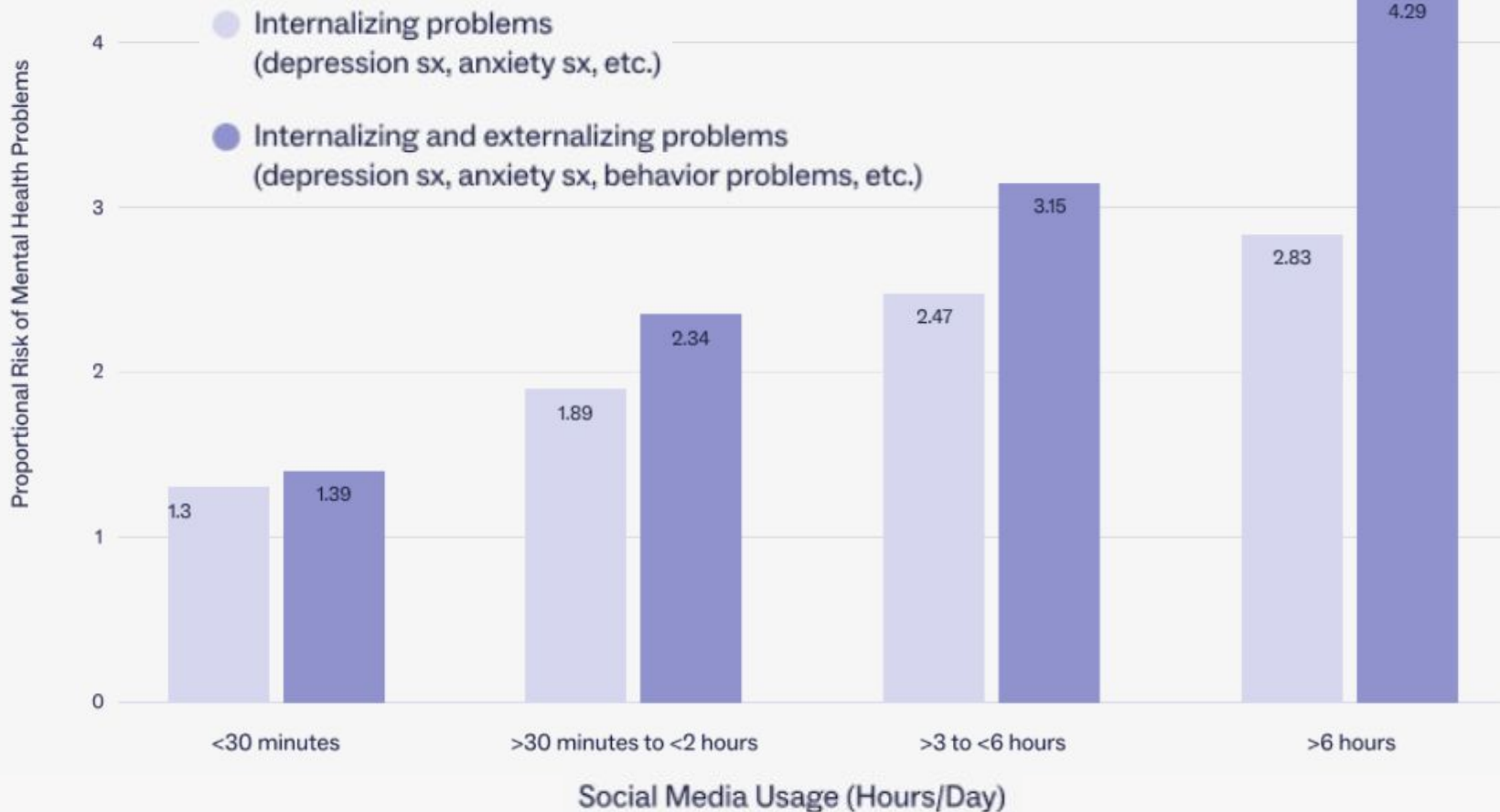
# ◆ Our guiding principles

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

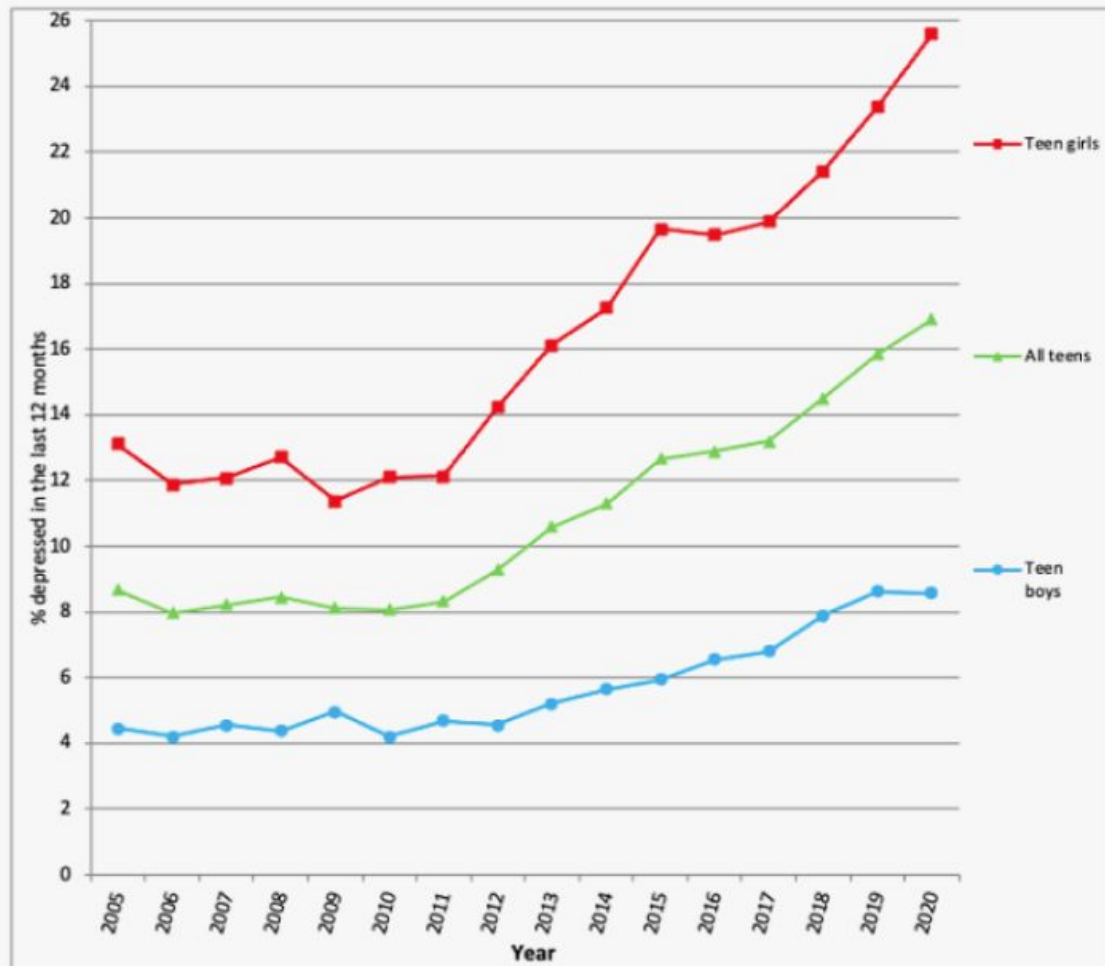


On average, how many hours  
per day do US teens spend  
on social media?

# 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.



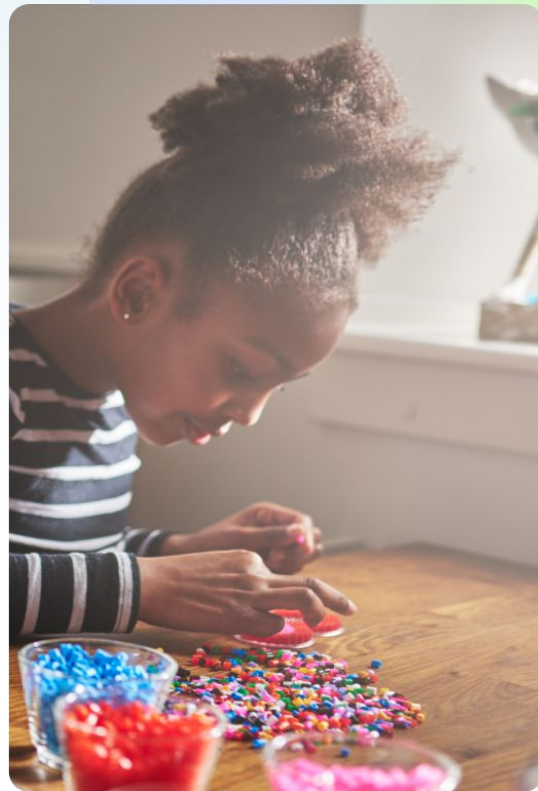
3

## 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."

Why: \_\_\_\_\_

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?  
In \_\_\_\_\_ 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

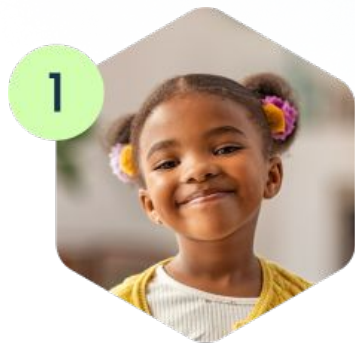
Go slow and get back to them if needed

A decorative graphic consisting of five short, blue, curved lines arranged in a fan-like shape, pointing towards the text.

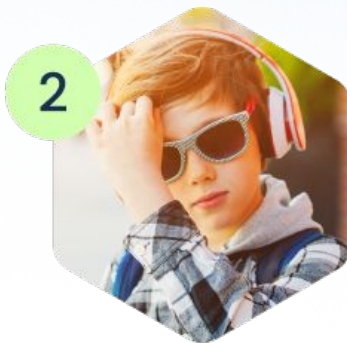
Let's practice



# Practice with kids



1  
**Casey**  
Elementary school



2  
**Alex**  
Middle school



3  
**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 your goal: boundary-setting & open 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 try 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



# Facilitation tips



Move faster than you think to get to practice



Consider what to cut if you're short on time (5 C's)

If you skip sections, don't mention it.



Practice with a few folks first



Iron out the tech (projector, wifi, Zoom link)

# OSO training kit

In your training kit, you have everything we talked about today:

- Training curriculum
- These slides
- Modern media quiz
- Setting Training Expectations: A Guide for Facilitators
- The 5 Cs
- Tips for Beginners: Co-exploration With Your Child
- Media plan
- Conversation starter cards

Q&A

What's on your mind?

# What's next?



1

How can you implement what you've learned at your school?

2

Prep & reach out if you have questions

3

Next training, January 30 and February 1



# 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<sup>®</sup>, and much more.

# Aura

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

## JUST FOR YOU

Free Family Plan from Aura for 1 Year

In addition to Parental Controls from Aura, this all-inclusive plan protects your family from other online threats, like identity theft and financial fraud.



Find everything you  
need at:

[givebacks.com/OSO](https://givebacks.com/OSO)

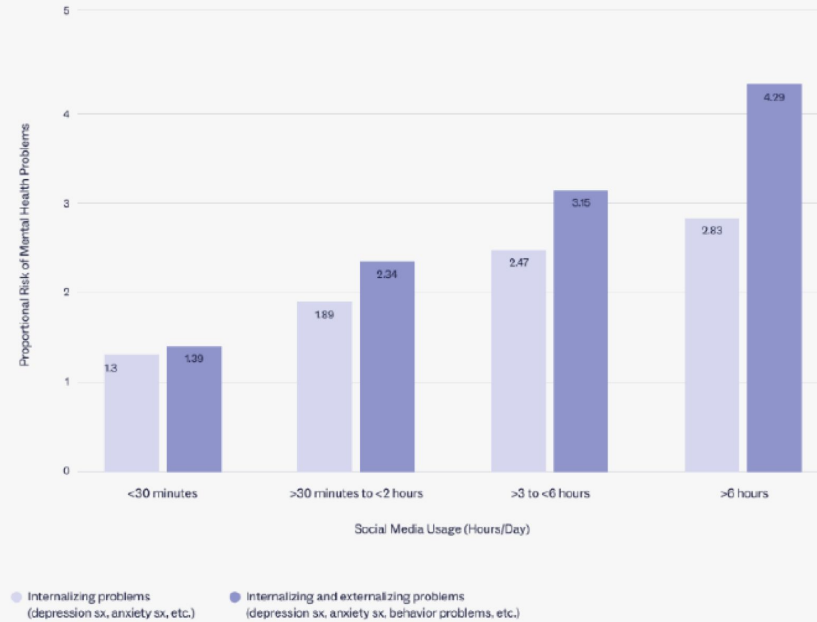
Email with Uber Eats gift card and all of this info will follow :)

**givebacks<sup>\*</sup>** x **ĀURA**

**Questions?**

Noah@givebacks.com

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



Source: <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2749480>

