

# Youth and Teens Workshop

## Presenter Guide



### Materials:

Sticky Notes (4 colors: orange, yellow and pink), Pencils/Pens, Jumbo Post-It Note, Chart Paper, Markers, Index Cards

### Preparation:

Place sticky notes of 4 different colors and pencils and/or pens on tables.

## Welcome and Introduction

(3 minutes)

## Opening Discussion

(10 minutes):

Prompt participants to locate sticky notes and writing utensils on the table. Explain that they will collaborate at their table groups to document succinct responses to posed questions. Display and pose the two questions included below. Ask participants to turn and talk to their table group. Explain to participants that they should document agreed-upon responses on orange sticky notes.

- What is mental health?
- How would you define social media?

The facilitator(s) will ask participants to place the sticky notes in a safe place on the table, as they will be referred to later during the session.

## Be Smart Video

(5 - 7 minutes):

### Display the Be Smart Video.

Pose the following questions to the whole group:

- What are general observations and things you noticed?
- What are the advantages of social media?

Display and pose these two questions. Ask participants to turn and talk to their table group. Explain to participants that they should document agreed-upon advantages on green sticky notes. Facilitators will gather and post all green sticky notes on jumbo chart paper with the title "Advantages" at the top. Facilitators will review group documentation aloud for the whole group to hear.



## “So What’s the Big Deal?”

(15 – 25 minutes):

### Show Digital Safety-Real Life Video

Pose the following question to the whole group:

- What would you consider unsafe on social media?

Ask participants to write their thoughts on a yellow sticky note.

### Show Social Media is Addictive Video

Pose and display the questions to the whole group:

- In what ways is social media addictive to you?
- In what ways do you feel social media is addictive to your peers and family members?

Explain to participants that upon brainstorming ways social media is addictive to themselves and their peers and family, they will stand up, and find someone at a different table to share their thinking with. Upon sharing their thoughts with one another, they will return to their seats and continue to document findings on the yellow sticky note.

### Show Digital Safety-Online Friendship Video

Pose and display the questions to the whole group:

- Although a sense of community is critical, a facade or fake friendships could be harmful.
- What are the potential consequences of sharing private information with “friends”?

Participants will add to their list of disadvantages on yellow sticky notes.

### Show Digital Safety-Protect Your Privacy Online Video

Pose and display the questions to the whole group:

- So what do you allow people to see online?
- What negative impacts follow these choices?

Participants will continue to add to their list of disadvantages on yellow sticky notes. Should groups not respond with potential harms of social media as outlined in the “What’s the Big Deal?” section of the Guides, the facilitator will probe participants’ thinking by asking open-ended questions.



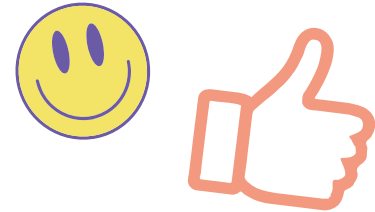
#### Questions may include the following:

- What content have you encountered on social media platforms that may be harmful to your mental health?
- Have you ever experienced a heightened level of emotional sensitivity or even a decrease in life satisfaction when viewing social media?
- Do you feel the same could be true for your peers and/or family?
- Have you ever seen inappropriate content on social media?
- How have you previously responded to such content?

Facilitators will gather and post all yellow sticky notes on jumbo chart paper with the title Disadvantages. Facilitators will review group documentation aloud for the whole group to hear.

# You and Your Child(ren)/ Student(s) Aren't Alone!

(15 – 20 minutes):



## Show Digital Safety- You Are In Control Video

- What does it mean to trust yourself?
- How do we demonstrate this value?

## Show Why Sexting is a Bad Idea Video

Pose and display the questions to the whole group:

- Do you have a proactive plan for discussing the impacts of sexting and/or sharing/consuming explicit content with your family and close friends?

Explain to participants that they will develop a plan as a group and document such plan on a pink sticky note.

## Share Cyberbullying Video

Pose and display the questions to the whole group:

- There are lasting effects to being a victim of bullying, including cyberbullying. Do you know an appropriate time to and how to report and “deal with” such behaviors?

Participants will document strategies on a pink sticky note.

## Share Online Grooming Video

Ask participants to craft a series of “red flags” as a proactive measure to prevent online grooming. Participants will list “red flags” and discussion points on a pink sticky note. Pink sticky notes will then be collected by facilitators, examples will be shared aloud to the whole group, reconciled, and distributed to all participants via email or another digital platform.

## In Conclusion

Ask participants to reflect upon today’s workshop. How would they now describe “mental health”? How would they now define “social media”? Prompt participants to locate sticky notes on their tables that contain original answers to the questions “What is mental health?” and “How would you define social media?” Ask participants to turn and talk with their table groups about changes in their descriptions and definitions of the terms for three minutes. Bring the group’s attention back together. Ask the group if anyone would like to share reflections, changes in thinking, original misunderstandings, and calls to action.

Information presented within the “TIPS” and “Local and National Resources” sections on the Youth and Teens Guide, or the entire Youth and Teens Guide will also be distributed to each participant for future reference. Participants will be asked to complete a 3, 2, 1 on an “Exit Ticket” prior to leaving the session. Participants will write the following on an index card and provide it to a facilitator as they exit:

- Write 3 things they learned during the session.
- Write 2 of the most impactful things they heard.
- Write 1 question they still have.

Learn more at: <https://ctf.alabama.gov/initiatives/>

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