

Tweens, Teens, and Their Always-On Digital Lives 🏠

Who Are You on Social Media?

Family Engagement Workshop Facilitator's Guide

Thank you for your commitment to helping families navigate the ups and downs of raising kids in the digital age! This workshop is an engaging way to give parents and caregivers in your school community a chance to talk about issues related to kids' media use.

Here are a few details about Common Sense Media's Family Engagement Workshops:

- Best for events with 50 or fewer participants, though they can be adapted for larger groups.
- Take about 60 minutes (depending on the level of participation), or you can modify to fit within a 20- to 30-minute session if needed (instructions below).
- Participants are asked to reflect on their own experiences and talk to each other in pairs.
- Facilitators do not need to be experts on the workshop topics.

Workshop Prep

- Review the slides and talking points to get familiar with the topic.
- Modify the slides and handout for a shorter presentation as needed.
 - For a 20- to 30-minute workshop, delete slides 3, 5, and 11, and shorten the handout by deleting questions 1 and 4.
- Advertise your event and get parents and caregivers excited to learn more!
- Print out one copy of the Facilitator's Guide and enough copies of the Participant Handout for all attendees.
- Review the take-home resources, and print copies of the resources you want to give participants after the workshop.
- Test your technology. Make sure the slides and the video within the slides work at the workshop location. All videos have closed-captioning in Spanish, so test out turning that on if needed.



Workshop Goals

This workshop will help parents and caregivers ... :

- Approach their kids with empathy when talking about social media.
- Encourage kids to avoid comparing themselves to others through social media posts.
- Discuss how much effort perfect posting takes—and how it doesn't reflect real life.
- Remind kids to keep the focus of social media on fun with friends instead of likes and follows.

Important Links

Slides: <https://comsen.se/who-are-you-slides>



Video: <https://www.commonsense.org/education/videos/teen-voices-who-are-you-on-social-media>

Participant handout: <https://comsen.se/who-are-you-handout>

Take-home resources: <https://comsen.se/who-are-you-resources>

Slides, Talking Points, and Facilitation Notes

Follow along with the slides and read the talking points. Facilitation notes are in italics.

	Talking Points and Facilitation Notes
<p>Slide 1</p> 	<p>This workshop is brought to you by Common Sense Media, which is part of Common Sense, an independent nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.</p>
<p>Slide 2</p> 	<p>These days, parents of teens aren't only coping with the age-old struggle of raising a sometimes sullen and striving-to-separate human; we're also managing their media and tech. As you know, it's not easy, so we're glad you're here!</p> <p>This workshop is designed to help you understand the key media and tech issues teens are dealing with, give you some tools, and allow you to brainstorm around how you can help your kid—since you know them best—in the context of your family's rules.</p>



Slide 3

Family Inventory

- Do you allow your kids to use social media? Which platforms? Do you use any?
- What rules do you have around social media?
- What challenges have you faced when it comes to social media?


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Think about your family's social media use. Then, turn to a partner and talk about your answers to these questions:


- Do you allow your kids to use social media? On which platforms? Do you use any?
- What rules do you have around social media?
- What challenges have you faced when it comes to social media?

Slide 4

To watch this video on the Common Sense Education site, click [here](#).



"Who Are You on Social Media?"
Teen Voices video

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Let's hear from teens about their experiences. As you watch, it might be helpful to jot down something from the video that you can relate to. *Show video.*

Slide 5

what did you hear?

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What are some of the key topics in the video, and what can you relate to?


Allow volunteers to share their responses with the group.

So, social media can be complicated for all of us! Let's talk about some big-picture best practices recommended by Common Sense Media that we can use when we talk to our kids about social media.

Slide 6

Tip No. 1

Lead with empathy:
Show you understand, validate, and don't diminish.

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It's important to come from a place of empathy and not diminish the importance of your kid's experiences with social media. Do your best to relate to how complicated it can be!



Slide 7

Tip No. 2

Combat comparison:
Remind your kid that social media feeds are full of illusion and don't reflect a person's real life or inner experience.

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There's a term that might be helpful for kids: "Duck syndrome" is all about the unfair comparison of an appearance to the more complex reality. So, when you see a duck swimming, it looks calm and perfect on the surface (what you see on social media), but there's lots of effort underneath the water (all the editing and curation behind the scenes).

In other words, we can't compare our insides to other people's outsides, especially when it comes to social media.

Slide 8

Tip No. 3

Break it down:
Get specific about how people curate and choose what to post. Use specific posts from you, your kid, or a celebrity as examples.

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There used to be a commercial that asked, "How many licks does it take to get to the center of a Tootsie Pop?" Teens today could ask, "How many selfies does it take to create the perfect Instagram post?"

So, who curates really carefully? Who edits and filters? What does it take? Is it worth it? Does it show their whole, authentic self and complex life?

Slide 9

Tip No. 4


Encourage connection over curation: Remind teens to focus on fun and friendship—on- and off-screen—instead of image and validation.

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Teens should absolutely think before they post: For safety, kindness, and their digital footprint, it's essential that kids post carefully. But a mindful approach is different from a calculating one.

If a teen's focus becomes likes, follows, and positive comments, then social media becomes a means for validation—which often fails. Instead, encourage your kid to use social media to connect, be creative, and put positivity into the world—and spend time offline doing the same.

Slide 10

 How can I apply these at home?

Take some time to think about how one or more of these strategies might work with your kid, and how—and when—you might use them. Use the space under each question on the handout provided to write down your thoughts.

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Now, write down your answers to the questions on the handout. Think about how one or more strategies might work with your kid and how—and when—you might use them.

Give participants enough time to think through each of the questions (approx. five to 10 minutes).



Slide 11



Find a partner and take turns talking through what you'll try, what obstacles you might encounter, and how you'll work through those challenges. Add to your notes!

Allow time for meaningful conversation (approx. 10 minutes). Walk around the room to get a sense of how much time participants will need, and extend as time allows. Give participants a time warning to wrap up their conversations.

Slide 12



Take a few minutes to share with the larger group. What technique will you apply to your parenting? What strategy will you try with your kid?

Slide 13



Thanks so much for attending this workshop. We hope it was helpful!

Remember that you're all part of a community and can support each other through these tricky teen years!

Distribute take-home resources.

