

03.25.2025 Meeting Minutes



HEALTHY ONLINE PLATFORMS FOR EVERYONE GENERAL COALITION

HOPE is a statewide coalition organizing to engage the larger online community in promoting age-appropriate, transparent, and youth-led messages. HOPE builds media literacy amongst youth to assess how harmful messages impact youth's mental health and advance policies to enforce stronger protections on online platforms.

General Coalition Meeting Date: Mar 25, 2025

To register for the meeting, click the [link](#).

Meeting ID: 992 4655 0002

Passcode: HOPE

THIS MEETING IS BY ZOOM/TELECONFERENCE ONLY

Facilitators: Alheli Cuenca, Kiwi Dillard, Nancy Aguilar, Siya Mishra Youth Leadership Institute

Agenda

TIME	ACTIVITY
4:00pm-4:10pm	Welcome, Introductions, Community Agreements
4:10pm-4:20pm	HOPE General Coalition Share highlights of Q3 & whats new with HOPE
4:20pm-4:30pm	Community Talks: Absorbing the Media Speaker: Nancy Aguilar Have you felt overwhelmed while scrolling on social media feeds? We will unpack shocking media news and share tips & tricks to manage our social media feeds.
4:30 pm-5:00pm	The Impacts of Artificial Intelligence on Social Media Platforms Speakers: Kiwi Dillard & Siya Mishra We will explore the impacts of generative AI (image, text, video, speech) on social media feeds and the rapid development of AI assistants in online

**HEALTHY ONLINE PLATFORMS FOR EVERYONE
GENERAL COALITION**



	platforms and search engines.
5:00pm-5:15 pm	Partner Announcements We invite community members and partners to announce opportunities, events, and projects.
5:15pm-5:30pm	Get Involved Next Steps + Closing

Minutes

- I. **Attendance:** Erika Dugay - YLI, Tabitha Vega - YLI, Sean Killingsworth, Laura Hay-YLI, Vanessa Salazar - *Tulare County*, Addya Agarwal - YLI HOPE, Regina Hanna - *Siskiyou County*, Anu Olabode - YLI HOPE, Daisy Gutierrez - KYCCLA, Vaibhava Rajesh - YLI HOPE, Ashly Castillo - YLI, Tanyana Laymu - *Lily of the Valley Church*, Natasha Zastko - YLI, Elizabeth Lopez - *San Benito County*, JV Villarreal - YLI, Sebastian Cervantes - YLI, Maria Contreras - CDPH, Victor Zuniga - CDPH, Karen Halfon - *Eden Youth*, Aayush Verma - YLI HOPE, Chere Nieto - CDPH, Wendy Pacheco - YLI, August Moore - *Butte County*, Siya Mishra - YLI HOPE, Sara Ortega-Wong - *Children Now*, Tatiana Villagomez - YLI, Jim Kooler - CDPH, Alheli Cuenca YLI, Nancy Aguilar - YLI HOPE, Kiwi Dillard - YLI HOPE, Yuliana Moreno - *Tehama Schools*, Yajaira Ortega - *Thrive Alliance*, Kait Kovach - *Lookupp Live*, Michelle Guillory - YLI, Natalie Andrade - *SMC BHRS*, Michelle Sudyka - *SMC BHRS*
- II. **HOPE General Coalition Q3**
 - A. **Safer Internet Day 2025: Empowering Youth as Stakeholders:** On February 11th, HOPE participated in Safer Internet Day 2025: Empowering youth as Stakeholders hosted by Connect Safely.
 - B. **HOPE Podcast Showcase 2025:** Last February, the HOPE Podcast wrapped season 1 and celebrated by hosting a showcase. Edward, Rushil, Sanjna, & Vaibhava reflected on impactful interviews they conducted with Dr. Mike Stanton, Vaishnavi J., and Joann Bogard, and the lessons they walked away with.
 - C. **OYE Latinx Youth Conference:** This past Saturday, HOPE Youth alongside yli Half Moon Bay Friday Night Live Chapter hosted a social media and mental health workshop in spanish/english at OYE Latinx Youth Conference!
- III. **Community Talks:**
 - A. **What is social media's current reputation? Do you think it's accurate?**
 1. NOT GREAT, audiences are expecting influencers to show their moral



compass

2. PPL are taking more breaks from social media
3. Overstimulating place at the same time
4. Missing nothing and everything at the same time
5. Social media's reputation can depend on who you ask, it's a double-edged sword, there can be good and bad, etc. There's often been a lot of brain rot lately.
6. Even elders are addicted to social media now, and there's concern about what they'll encounter.
7. Reputation of it being harmful and addictive, which feels accurate – since the pandemic, there has been an increased reliance on social media. With the surgeon general's warning on the harms of social media, ie, the increase in anxiety and depression among youth, there seems to be a need for change. Feels like we are going in reverse, and the culture of social media is so normalized despite being unhealthy. For some of our interests, it can be a very inspiring example, motivating oneself with exercise by watching someone else we identify with do the things we want to do. Sometimes it can be dangerous because time goes by very quickly while on the apps, noticing hours go by so fast staring at the screen. Deactivating from social media, light/short periods of use.
8. SM has become a hodgepodge to share opinions; the wild west of fake news/AI-generated stuff
9. SM is also what you make of it. Even if you build FYP still a mixing pot of opinions
10. On my FYP it feels authentic, but on YT, it feels like lots of AI-generated content, AI creeping in
11. Divide among generations, the older gen believes SM is bad

B. How reliable is the news of information you see in your social media feed?

1. Get the necessary information, "headline," and do research on my own time
2. Prefer to watch the news because you'll see crazy things on social media that are hard to believe. There's censorship even on social media websites. Misinformation even on government websites now.
3. A lot of the content seems unreliable – as an expert in a certain area, you



can see the misinformation online about your field. Some accounts are reliable, some are not. It can be hard to tell the difference. Especially with generative AI or viral content that is very convincing as real – becoming harder to distinguish what’s real and what’s not. I need to check sources a lot more now. Personal biases can also play a part in credibility. Lots of scams online as well that we can simply accidentally click without meaning to.

4. I usually do a deeper dive on the info shared to find a reliable source
5. I get news from Tiktok on things I enjoy, and usually it checks out. Other accounts, such as “Daily Mail”
6. Most is true, but extremely biased

C. *What role does AI-generated content play in your social media experience or your feed?*

1. As an artist who follows a lot of other artists, it is more common to see an artist use AI to “create” something or to have it influence art. AI on social media is often in the form of fake events, stealing art, cheating, etc, since it is so easily accessible and can be weaponized against people.
2. Insta testing AI-generated support staff, but for platforms for YT, it gets weird
3. Disclaimers are helpful
4. AI makes it easier to create/generate content
5. Using ChatGPT to help me study by making practice exams. The crossover with AI on SM can be outlandish
6. I'll see AI-generated images or reels that are obviously fake (especially those like cat ones that are always tragically sad stories
- 7.

D. *What is one small, actionable step you can take to reevaluate your relationship with social media?*

1. Great to teach this information around media literacy and awareness to the community, to the youth especially.
2. Educating yourself about it
3. Not going on TikTok as much, being mindful of screen time with it
4. Call a friend instead of scrolling on social media
5. Using an app like “one sec” to help me limit my time



IV. Learning Activity: The Impacts of AI

- A. Chatgpt uses around 500ml of water for a 100 word response.
- B. Meta wanted people to provide examples of their work being used for AI before being able to opt out

V. Trending Topics & Announcements

- A. Applications for our LookUp Innovation Challenge (LUIC) 2026 challenge will open later this year. We serve young leaders ages 18-25 by providing seed grants. Check out our website and keep your eyes peeled for more information.
<https://lookup.live/innovation-challenge>
- B. High school students who are interested in a career in mental health, the Youth Mental Health Academy is a 14-month community-based program for students from structurally marginalized communities in California. This is made possible via CYBHI and managed by The Child Mind Institute, the YMHA provides a hands on learning in mental health science, practice and communications. Applications due by March 31, 2025, for more information and to apply click here.
- C. The California Department of Public Health (CDPH) Office of Health Equity is currently recruiting passionate and diverse California youth between 14 and 25 years old to help reimagine mental health services, reduce stigma, and increase support for Mental, Emotional, and Behavioral health and substance use disorder as members of the Youth Co-Lab, a groundbreaking advisory group focused on youth mental health click here to apply

VI. Get Involved & Next Steps

- A. The disservice of AI
- B. AI is a tool of capitalists
- C. My take away is that AI is dangerous
- D. How much resources AI takes up
- E. We are more powerful together!
- F. Here's a regular heart
- G. Alheli such a great MC!!!
- H. My takeaway: ChatGPT uses water?! Why is this not shared up front with use?
- I. Stepping away from social media makes you feel you are missing out on everything while not missing anything at all.
- J. Important to be mindful of the intellectual theft from generative AI
- K. Takeaway is ensuring breaks are taken when accessing social media and being mindful of what is AI and should it be used in that moment.

VII. Meeting Adjourned at 5:30pm



Feedback

+	△
● Youth enjoyed the meeting and conversations ● Loved seeing Kiwi present and stand in their leadership/expertise ● Strong chat participation ● AI Focused - ● Transitions ● Partners Shoutout/Announcements ● Steady attendance ● Build the agenda to be an hour & 15	● More coordinated breakout roles: facilitator, note-taker, shareout ● Tech ○ Slides ○ Audio ● Understanding what we want to communicate with each slide ○ Prepare slides/facilitator's agenda in advance ● Spent more time with the opportunities, identifying a young person to speak on the experience ○ Creating a documentary video of the wins of the week ○ Youth-led Facilitators

12.10.24 Meeting Minute

12. 10. 24 Minutes

- I. **Meeting Began at 4:05pm**
- II. **Attendance:** Michelle Sudyka - SMC BHRS, Alheli Cuenca YLI, Cynthia Goco-Nakar - Eden Youth, Sebastian Cervantes - YLI, Nathan Benjamin, Avery Palmer-Salmons, Amanda Mangurten - CDPH, Sentrine Bloom - YLI HOPE, Morgan Montgomery - YLI, Salem Boulware - YLI, Tatiana Villagomez - YLI, Gavin James - YLI HOPE, Anu Olabode - YLI HOPE, Serena Johnson - YLI, Montze Bedolla - YLI, Jarrett Ramones - YLI, Halimah Houston - YLI HOPE, Jim Kooler, CDPH, Fatima Ramirez - YLI, Kiwi Dillard - YLI HOPE, Nancy Aguilar - YLI HOPE, Ashly Castillo - YLI, Tabitha Vega - YLI HOPE, John Mootz - Children and Screens, Penelope Blossom - YLI HOPE, Natasha Zastko - YLI, Ivette Marquez - YLI, Chloe Lauren - YLI HOPE, Alison Mira - YLI HOPE, Laura Hay - YLI, JV Villarrel - YLI, Michael Lim - SMC BHRS, Holden Slattery - Public Health Advocates, Jean Perry - SMC BHRS, Advait Nair, Jonas Mathias - YLI HOPE, Cori Stott - Digital Wellness Lab, Wendy Pacheco - YLI, Clara Hopkins, Zoe Kronberg - Digital Wellness Lab, Erika Dugay - YLI, Jennie Liang - Children Minds, Avery Mia - YLI HOPE, Claudia Erikson - Unplug Collaborative
- III. **General Coalition: 2024 Recap and Accomplishments**
- IV. **Community Talks: Policy '25**

Age Verification

1. ***What comes to mind when you think about implementing age verification measures on social media? Who do you think are the age groups that need to be prioritized?***
 - a. Popular social media platforms are for 13+, and yet many children under age join, teens are the age that should be prioritized
 - b. Currently have an honor system.
 - c. Captcha for different ages.
 - d. There are benefits to having privacy online, esp for marginalized folks, but if we want to have regulations on social media platforms, sacrificing some privacy, in order to put regulations in place on certain age groups for the sake of making social media a safer place, may be needed
2. ***Are there any considerations or barriers that make you hesitant to implement this mechanism?***
 - a. We don't talk about social media enough when it comes to age verification, it's easy for anyone to make accounts and lie about their age
 - b. ID verification may seem excessive in some scenarios
 - c. "I wonder how age verification can be done without being invasive or excluding those who do not have access to documentation. There is a real need for balance between safety, fairness, and accessibility."
3. ***Are there any examples or creative ideas on how social media companies can responsibly and sensibly implement age verification?***
 - a. Verification methods, especially ones involving personal documents, must be encrypted and adhere to security standards to protect sensitive user data.

- b. Or even the option of a user to delete their data upon request
- c. Parent verification for children's social media accounts
- d. There are some parents who allow a lot of freedom of use on their kids devices.

Media Literacy

1. How do you think media literacy is related to social media?

- a. Zoe: Internet safety is inclusive of media literacy - but also how to be a digital citizen and how to behave online - spotting misinformation, how social media works, and what your options are for keeping yourself safe online.
- b. Halimah: Internet safety has a place in Media Literacy. Can include how to prevent scamming, recognizing cyber harassing, etc.
- c. Helps us understand what we see on our social media feeds
- d. Without media literacy seeing if posts are real or not becomes harder i.e. "fake news"
- e. Media literacy help users determine the credibility of information
- f. Teaching media safety, like fact checking some information they got online with their teachers
- g. Don't know much about media literacy, but do know about health literacy. I would say then that media literacy would be when people know how to use media in a healthy way.
- h. NAMLE - Media Literacy: The ability to access, analyze, evaluate, create, and act using all forms of communication.
- i. Really easy to spread false information; not reading articles before posting.
- j. Online safety and security as it relates to our online activity.

2. Did you receive digital media literacy curriculum in school? How was the experience?

- a. Zoe: works with a Professor who researches Media Literacy. Didn't really experience media literacy curriculum in school.
- b. Halimah: In middle school, a bit was touched on Media Literacy but more like internet safety. Throughout HS, no curriculum was introduced. In college, talked about social media etiquette.
- c. Breakout Room 2: (1) None of us really received that curriculum, (2) Would have loved to receive it to learn about data privacy and protections
- d. NZ: while in undergrad while attaining Communications degree.
- e. MS & CS: did not receive exposure to media literacy education while in school. Seeing it more in future generation's schooling.
- f. Remembering warnings about certain platforms/being safe online with internet predators
- g. Chatroulette, MySpace, AOL, Instant Messenger, Club Penguin

3. If not, how do you think schools should teach digital media literacy curriculum in school?

- a. Zoe: Having this incorporated into health education curriculum classes, don't want to hear it from adults, maybe have the media literacy be youth-led or incorporated to

better reach youth more - asking them what they want to hear and what tools they need to increase their media literacy, using games -a more interactive curriculum and increase interpersonal skills

- b. Halimah: Agree with Zoe, struggling with balance and skills to learn about the solutions to balance screen time and engaging in class
- c. Focused on teaching about the psychological effects of social media usage
- d. Critical consumption of content; understanding the viability of information/online sources. Doesn't necessarily have to be a brand new curriculum but adapted for modern nuances

4. *How do you think schools prepare youth to handle technology responsibly?*

- a. Schools don't seem to be doing much to keep young people safe online
- b. Schools have been raising awareness about cyberbullying
- c. Schools are struggling to figure out how - they are trying to keep up with implementing media literacy
- d. Phone ban/phone restrictions - show dots on the map of the progress

V. Guest Presenter: Cori Stott, MBD, EdM, Digital Wellness Lab at Boston's Children Hospital

09.10.24 Meeting Minutes

09. 10. 24 Minutes

- I. Meeting Began at 4:05pm
- II. Community Talks: If you could advise schools on the phone ban/phone access, what changes would you like to see?
 - A. Review activity  HOPE General Coalition 09.10.24 - Breakout Activity
- III. Managing Phone Use and Social Media Impact in Educational Settings - Jim Kooler, CADPH (Guest Speaker)
 - A. **Youth Involvement in Decision-Making:** Young people should be included in decision-making from start to finish and students to lead discussions on phone use policies given that it directly impacts their lives.
 - B. **Phone Use in Classrooms:** Mixed opinions on banning phones; some suggested integrating them into classroom activities for educational purposes, like social media literacy; folks should continue to examine existing school policies on phone. Educators may want to consider embedding or incorporating phones into curriculum for real-time conversations and critical thinking.
 - C. **Balancing Phone Use and Screen Time:** Suggestions from participants included setting screen time limits and finding alternative activities to engage students.
 - D. **Alternative Activities:** Participants highlighted the importance of providing alternatives to social media, such as social-emotional learning and social media healing circles. HOPE Youth Coalition emphasized the need for activities that build community and address students' emotional needs.
- IV. Trending Topics & Announcements
 - A. AB 3216: California's AB 3216, led by Assemblymember Josh Hoover, would limit student smartphone use during the school day to help reduce distractions, anxiety, and mental health issues like depression and cyberbullying. Bill is currently in the second chamber
https://digitaldemocracy.calmatters.org/bills/ca_202320240ab3216
- V. Get Involved & Next Steps
 - A. Invitation to learn more about HOPE's offerings and provide input on upcoming topics/themes.
 - B. Explore holding a webinar to summarize discussions and share insights from school phone ban/access.
- VI. Meeting Adjourned at 5:10pm