



LifeSmarts U Social Media Lesson

What I Wish My Parents Knew About Social Media

Lesson Description:

This lesson is intended to increase awareness and open the lines of communication between parents and their children to promote social media wellness. By looking at social media through the lens of both parents and teens the aim is to help families navigate the online world in a way that is constructive rather than destructive.

Lesson Objective:

- Inspire families to openly discuss social media and establish guidelines for its use within the household
- Focus on healthy socialization, effective self-regulation, and safety online

Time:

2 Class Periods + one scheduled after hours presentation

Background:

Establishing social media guidelines that teens will follow is a challenge, but setting clear ground rules is vital to their safety. By opening the lines of communication and openly talking about social media, teens and their parents can work together to develop rules that everyone understands and follows.

Materials:

- Vocabulary List (Handout)
- Presentation w Speaker Notes (available in Powerpoint and Google Slides formats)
- Student Activity - "We Write the Rules"
- Student Activity - Post Presentation Reflection (Handout + Google Form submission)
- Parent Feedback/Action Plan (Handout)
- Parent Takeaway - "Talking to Your Teen / Additional Reading" (2-sided Handout)

Procedures

Day 1:

1. Introduce the Vocabulary list and discuss terms



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Procedures

Day 1: (cont)

2. Review Google Slides /Powerpoint presentation making special effort to review “Talking Points” and other background information in the speaker notes sections. This is the “meat” of the lesson. Review source links in the presentation for statistics, expert opinions, and advice from authors about how to approach social media within families.
HINT: Future LifeSmarts questions will come from these additional readings.
3. Engage group in discussion throughout the presentation. Remind students that this is the same presentation that they will be delivering to adults/parents.

Day 2:

1. Divide students into two groups and complete the activity “We Write the Rules.” (Directions are provided on the handout.)
2. Review slideshow presentation again and decide who will be delivering what parts of the presentation and how it will be done. Rehearse enough to provide a smooth and informative presentation.
3. Schedule a time and place to deliver the presentation. (Consider PTA meetings, school staff meetings, or pre-scheduled events.)
4. Make copies of the Parent Feedback form and the 2-sided Parent Takeaway to handout at the presentation.

Presentation Day:

1. Bring your parent handouts
2. Test your audio and video before the presentation begins
3. Good luck... and have fun!

Following the Presentation:

1. Review the Parent Feedback for valuable insight about your presentation
2. Complete the Post Presentation Student Reflection. Submit your answers by Google Forms at the following link - <https://bit.ly/40djCU4>



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Links to Resources within the Slideshow

- "5 Ways Parents can help Kids Balance Social Media with the Real World" - <https://wapo.st/3TARV5q>
- "How to Protect Kids Online: Apps and Tactics Used by Experts - and Real Parents" - <https://wapo.st/3Tr2ub9>
- "What Teens Wish Their Parents Knew About Social Media" - <http://bit.ly/3lpqezF>
- "The Technology/Social Media Rules Kids and Teens Wish Their Parents Would Follow" - <http://bit.ly/3yRHaSt>
- "Teen Social Media Statistics 2023 (What Students and Parents Need to Know)" - <http://bit.ly/3Tt52W1>
- "Teens, Social Media and Technology 2022 - Pew Research Center" - <http://bit.ly/3JxdQpu>
- "What Teens Wish Their Parents Knew About Technology" - <http://bit.ly/3n20zh0>
- "Associations Between Time Spent Using Social Media and Internalizing Problems..." - <http://bit.ly/3n3K2t4>