

Facilitator’s Guide: Real-Time (In person or virtual) Be Internet Awesome Program

This guide is designed to help your PTA facilitate an in person or virtual **Be Internet Awesome** session.

APPROXIMATE EVENT LENGTH: 60 minutes.

EVENT GOALS:

1. Learn about how to keep their families smart, alert, strong, kind and brave online.
2. Explore the Be Internet Awesome [Family Guide](#) and Google’s Family Link [app](#).
3. Engage with their peers to discuss their families’ online experiences and solutions.

PARTICIPANT HANDOUTS:

1. Be Internet Awesome [Family Guide](#)
2. Media Release [Form](#)

Note: If virtual, add all handouts to the virtual platform you are using ahead of time, or put them in the chat at the beginning of the session.

FACILITATOR’S SCRIPT:

This script accompanies the **Smart Talk** session [PowerPoint](#).

Slide #	Facilitator Script
1:	<p>Notes:</p> <ol style="list-style-type: none"> 1. Add school name, date and school branding 2. Display this slide as people are entering the session. <p>{When ready to begin, click to next slide}</p>
2: Session intro	<p>Say: Hello and welcome to this Be Internet Awesome session, sponsored by Google and YouTube.</p> <p>{Use this slide to introduce yourself. Tell a story about your family online and why you think the internet is an awesome place.}</p> <p>{click to next slide}</p>
3: Raising families in the digital age	<p>Say: Tonight we will discuss what is currently happening online, the digital environment. Then we will talk about what it means to be a good digital citizen and how we can all help each other to stay safe online. We will wrap up with resources and tools we can use to help us stay on track. Most importantly, throughout the night we will have activities that help us to get talking to one another. You completed your first activity when you wrote what you wanted to learn on the posters as you came in.</p> <p>Can one or two people tell me what they want to learn tonight?</p>

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	<p>{Pause to allow people to answer}</p> <p>Great, let's see what tools and resources we hear about that help to answer your questions.</p> <p>{click to next slide}</p>
<p>4: Digital environment</p>	<p>Say: The digital environment is the world around us, which has rapidly changed throughout our lifetime.</p> <p>{Feel free to share a family story about growing up before the popular usage of devices, if applicable, or learning the new ways of parenting in this digital age.}</p> <p>{click next slide}</p>
<p>5: The Internet opens the world</p>	<p>Say: The Internet opens the world up for our kids....but sometimes that can mean parts of the world we don't want them to experience: sharing too much information; stumbling upon inappropriate content and online bullying.</p> <p>Smartphones (and tablets) put information at our fingertips...but sometimes they can distract from real world experiences. This is having an impact on personal relationships, physical health, ability to focus and quality of sleep.</p> <p>{click on next slide}</p>
<p>6: It is our responsibility</p>	<p>Say: While the use of technology continues to grow around us, we can mold the types of relationships we want to have with tech by proactively setting boundaries and expectations for healthy online behavior within our families.</p> <p>But, how do you do this?</p> <p>{click to next slide}</p>
<p>7: Digital citizenship</p>	<p>Say: It can be tricky talking to your kids about online safety, things are always changing, right when you think you've got it there is something new to learn.</p> <p>Digital citizenship is a term that is so new, it doesn't even have a formal dictionary definition yet! But it is the guidelines that will help keep our families having safe online experiences and our goal is to give you the tools to start these important conversations here tonight, so that you can continue to have them with each other at home.</p> <p>We will begin to create together the definition of what it means to be a good digital citizen in our community.</p> <p>{click next slide}</p>
<p>8 Parenting archetypes</p>	<p>Say: There are three different types of parenting styles most associate with online behavior: the best friend, the leader and the rule setter. I can't tell you which is the best parenting style for you.</p>

	<p>What the research does show us about online safety is that no matter what our parenting style, the most important thing to remember is the relationships we create in reference to the rules we are setting are what helps us all to follow the rules.</p> <p>Just like many things, when we set rules without a relationship to why we are setting the rule, it will often lead to rebellion. But, rules within a relationship lead to response and action that we want.</p> <p>{click to next slide}</p>
9: Be Internet Awesome	<p>Say: The Be Internet Awesome Family Guide that you received organizes digital citizenship into 5 areas to make digital safety an easy family conversation.</p> <p>Each section of the guide provides background information about the topic area, vocabulary, discussion starters and practice scenarios.</p> <p>Let's look at the first section: Be Internet Smart.</p> <p>{click to next slide}</p>
10: Share with Care	<p>Say: Being Internet Smart focuses on two types of skill building: Sharing within the family (each others devices, accounts, passwords) and Sharing outside the family (personal information, photos, friending within games).</p> <p>{click to next slide}</p>
11: Don't fall for a fake	<p>Say: The section on Being Internet Alert helps kids become aware that what they see online isn't always true, real or reliable.</p> <p>Learning to think critically about search results and how search engines work is one of the most basic and useful skills families can learn together.</p> <p>{click to next slide}</p>
12: Protect your secrets	<p>Say: In Be Internet Strong you will look at why digital security matters and learn how to create strong passwords.</p> <p>{click to next slide}</p>
13: It's cool to be kind	<p>Say: With Be Internet Kind you can define what positive behavior looks like in your family, create an understanding on how to spread positivity online and learn how to identify situations where it is better to wait and communicate face to face or to ask a parent or trusted adult for help.</p> <p>{click to next slide}</p>
14: When in doubt talk it out	<p>Say: It's brave to talk about things that make us uncomfortable, but no one likes having these types of conversations.</p>

	<p>Kids should know that they are not on their own when they see inappropriate content or behavior online. They should never hesitate to get help from you or another adult they trust.</p> <p>Being Internet Brave establishes the options that we all have for getting help both on and offline.</p> <p>{click to next slide}</p>
<p>15: Activity</p>	<p>Say: Now we are going to get a chance to explore Be Internet Awesome together. This is a chance for you to see what type of education and activities you can use to dive into each topic area more with your family at home.</p> <p>{Choose the option that works best for your PTA.}</p> <p>{Say}</p> <ol style="list-style-type: none"> 1. When I say go, turn to your seat neighbors to choose a topic area (Smart, Alert, Strong, Kind, Brave) from your Family Guide. Pick an activity in that section to do together for the next 10 minutes. Go! <p>{OR}</p> <ol style="list-style-type: none"> 2. When I say go, turn to your seat neighbors and pick a family activity from your topic area to practice for the next 10 minutes. Everyone in the front right hand corner is Smart. Everyone in the back right hand corner is Alert. Everyone in the back left hand corner is Strong. Everyone in the front left hand corner is Kind and everyone in the middle is Brave. Go! <p>{Set the timer for 10 minutes. Give everyone a 5 minute and 2 minute warning. When time is up, click to next slide}</p>
<p>16: Share with care</p>	<p>Say: Would someone from the Be Internet Smart group share the activity that they did and what they talked about?</p> <p>{Allow for 2 or 3 people to answer}</p> <p>Say: Being Internet Smart is all about communicating responsibly - use this slide as a cheat sheet. Encourage your family to think about online communication like face -to-face communication.</p> <p>If it isn't okay to say something in real life, it isn't okay to post it online. Create rules about what kind of communication is (and isn't) okay and keep personal details about family and friends private.</p> <p>{click to next slide}</p>
<p>17: Don't fall for a fake</p>	<p>Say: Can another group share their experience with Be Internet Alert?</p> <p>{Allow for 2 or 3 people to answer.}</p>

	<p>Say: It's really important for us to all be smart web searchers.</p> <p>We need to know the signs of potential scams and should always be thinking critically about search results including why certain results appear at the top of the page, are they sponsored, do they relate to other things we have selected before?</p> <p>Before searching think about what makes a resource trustworthy and make sure you always check for those things.</p> <p>{click to next slide}</p>
18: Protect your secrets	<p>Say: Who wants to talk about Be Internet Strong? Remember if you share your password with us now, you can't use it later!</p> <p>{Allow for 2 or 3 people to answer.}</p> <p>Say: There are easy ways for us to create strong password that can be switched up between websites. You can make things memorable, without using birthdays.</p> <p>Think of something special to you that no one else could easily find, like the color and style of your favorite shoes. Then use a mix of uppercase and lowercase letters with symbols and numbers.</p> <p>Create a few different versions of the same password to use with different accounts.</p> <p>{click to next slide}</p>
19: It's cool to be kind	<p>Say: Who can tell me about the activity that they did to learn about being internet kind?</p> <p>{Allow for 2 or 3 people to answer.}</p> <p>Say: Being internet kind boils down to three steps:</p> <ul style="list-style-type: none">• Spreading positivity by treating others as you would like to be treated in the real world and online• Setting an example by respecting others' differences and taking action to block mean or inappropriate profiles or comments.• It also means being a friend to someone who is bullied. <p>{click to next slide}</p>

<p>20: When it doubt, talk it out</p>	<p>Say: What situation did your group talk about? Did you decide to be brave by reporting the problem online, talking directly to a family member or both? Why?</p> <p>{Allow for 2 or 3 people to answer}</p> <p>Say: We can all encourage brave behavior by being clear about family rules and expectations around technology and the internet, as well as consequences for bad behavior.</p> <p>Make sure to keep this conversation going by checking in frequently and encouraging kids to ask questions, even when things are uncomfortable. Extend this conversation to other trusted adults.</p> <p>We should all be talking about digital safety with each other since this establishes what is and isn't okay in our family. And, it reminds us that we are all in this together.</p> <p>{click to next slide}</p>
<p>21: Kids can play their way</p>	<p>Say: Interland is an online video game for kids to play themselves to learn about safety. All of the things we just covered in the Be Internet Awesome program, are covered through Interland with four different quests that they can explore. It's a great way for kids to learn these tools themselves in an interactive way that speaks their language!</p> <ul style="list-style-type: none"> • Reality River - Teaches kids how to spot phishing and scams and all that's fake online. • Mindful Mountain - Teaches kids how to be intentional with the types of information they share and with whom. • Tower of Treasure - Teaches kids how to protect their personal information stored and outrun hackers by building strong passwords. • Kind Kingdom - Teaches kids how to be positive digital citizens by spreading love and positivity to all that could use some kindness because of cyberbullying. <p>{click to next slide}</p>
<p>22: Learn more</p>	<p>Say: We don't have time to go through the entire book tonight, but as you can see there is a lot of good information here and plenty of activities to keep the conversation going around the dinner table for weeks to come.</p> <p>After you have finished the family guide, make sure you use this link to put what you learned into practice and by playing Interland together!</p> <p>{click to next slide}</p>
<p>23: Tools and tips for your family</p>	<p>Say: Beyond the 5 areas that we can all work to Be Internet Awesome in, there are a couple of things that we all can be mindful of to help ensure our families online success.</p>

	<p>{click to next slide}</p>
24: Things you can do	<p>Say: We just talked about some the things you can do: Talk with your kids often; Build strong relationships and Actively participate with your family online. Now let's shift to talk about the boundaries you can set and tools that can help you stick to them.</p> <p>{click to next slide}</p>
25: Activity	<p>Say: First, let's do a quick check-in on how we are all currently doing with some common areas that families set rules around.</p> <p>I am going to read through a list of statements about digital wellbeing give me a thumbs up sign if you are always good at the statement, the thumbs down sign if you could get better or thumbs sideways if you are somewhere in the middle.</p> <p>Ready?</p> <ol style="list-style-type: none"> 1. Give me a thumbs up down or sideways if you stop using screens before bedtime. 2. Give me a thumbs up down or sideways if you always ask for permission before you post a photo with other people in it online. 3. Give me a thumbs up down or sideways if you don't bring your phone to the dinner table. 4. Give me a thumbs up down or sideways if you have shared a favorite online video or game with a person in this room. 5. Give me a thumbs up down or sideways [INSERT FROM YOUR PTA] <p>{click to next slide}</p>
26: Family link	<p>Say: Google has a tool to help parents, called Family Link. We are going to talk about this tool today, but know that there are tools available that work similarly on Apple and Kindle devices. Many cable and cell phone service providers have also begun to develop similar tools for parents.</p> <p>With these tools, as a parent, you can keep an eye on screen time by setting daily limits and bedtimes. Meaning the app will shut the device down when you have reached your agreed upon limits. You can manage the content your child can see, remotely approve downloads and block apps. You can keep an eye on location, remotely lock a device, and for all the times when your child has lost their phone in the couch cushions, you can ring the device.</p> <p>{click to next slide}</p>
27: Establish digital ground rules	<p>Say: Guiding your kids to good content begins with asking them about the apps, games and videos they like and having them show you why they like it. Share with them content that you like and why you like it.</p> <p>As you are talking, set expectations for what is and isn't okay. Be upfront about the content you think is appropriate, this way there are no surprises.</p>

	<p>Proactively talking with your family about good content is a great opportunity to establish boundaries while deepening your relationships.</p> <p>{click to next slide}</p>
<p>28: Keep an eye on screen time</p>	<p>Say: The appropriate amount of screentime and screen use is different for every kid and every family. Discuss what is appropriate for your family and what limits you are going to set and why.</p> <p>Think beyond just the amount of time that is being spent in front of a screen, to what you are doing on the screen. What type of activities does your family value and how is that reflected in the limits that you set?</p> <p>What is most important is that you make it clear what the limits are ahead of time, no one wants to be surprised with a no-device time. Kids should remember that like all other family rules, rules about screentime can and should grow and change over time.</p> <p>This is a conversation that you should be having often with one another.</p> <p>{click to next slide}</p>
<p>29: Manage and secure your child's account</p>	<p>Say: Privacy and security are becoming larger concerns for families everywhere.</p> <p>Discuss with your kid what it means to make a strong password, and why it's important. Outline the importance of protecting their account from hackers to keep their information safe.</p> <p>When it comes to talking about privacy, transparency is key. Be honest with them and discuss what apps or sites collect which information, and why you might manage those controls based on comfortability.</p> <p>{click to next slide}</p>
<p>30: See where your child is</p>	<p>Say: One of the deciding factors that many families have in getting their kids their own devices is the ability to better communicate with one another.</p> <p>It is important to talk about how you as a family will use any device your child is on to track what they are doing and even where they are physically going. This is especially important with location sharing features. Establish why and how your family uses these features before you put them in place.</p> <p>{click to next slide}</p>
<p>31: Learn more</p>	<p>Say: To learn more go to google.com/familylink</p> <p>{click to next slide}</p>
<p>32: Setting rules and boundaries</p>	<p>Say: For some of us, we need a reminder of the rules we set and maybe even some help to remember all of the different aspects of online safety that we should be talking about. Having The Smart Talk helps families do this.</p>

	<p>Developed in partnership between National PTA and Norton, The Smart Talk is another online tool that helps parents and caregivers have proactive, positive conversations with their kids. Using a series of guided questions, this online tool allows kids ages 5-18 to actively participate in setting limits around device use, digital safety, privacy, communication, health and wellness, and media choices. The end result is a personalized family technology agreement that is created based on individual responses.</p> <p>{click to next slide}</p>
<p>33: Tips for family entertainment</p>	<p>Say: What is appropriate viewing content varies between families. What I might be okay with my kids watching you might not be okay with. Or vice versa, that's how it has always been. Just like with everything else, make sure you learn about what each other likes and watch them together!</p> <p>Choose subscriptions that everyone agrees on and watch together in a central location.</p> <p>{click to next slide}</p>
<p>34: YouTube Kids</p>	<p>Say: YouTube Kids is YouTube's stand alone app designed specifically for children ages 2 through 12. The app also comes with a full suite of parental controls including watch history, blocking, and a timer for limiting screen time.</p> <p>You can also find YouTube Kids on your smart TV so the whole family can watch and enjoy together. Learn more at youtube.com/kids</p> <p>{click to next slide}</p>
<p>35: YouTube</p>	<p>Say: YouTube recently launched a new experience for families that allows parents to provide their tweens with a parent-supervised version of regular YouTube. This new parent supervised experience on YouTube looks like regular YouTube – so it's perfect for tweens who don't want to be seen as a "kid." But it's still very different from the full YouTube experience you or I would see.</p> <p>The supervised experience on YouTube adjusts the content your child can find and watch, features they can use, default settings and wellbeing protections. Before getting started, read our parent guide at yt.be/parentguide to have a family discussion about online video and decide if this experience is right for your child.</p> <p>You can learn more about choices for your family at youtube.com/myfamily.</p> <p>{click to next slide}</p>
<p>36: Commitments</p>	<p>Say: Remember we all have a part to play in keeping each other safe online.</p> <p>After your families' rules and boundaries have been established, be intentional about your own tech use. Think back to when we did the thumbs up down sideways activity. Most of us had things we wanted to get better at.</p>

	<p>Tech can sometimes distract us from the things that matter the most to us. Keep this in mind as you work to balance device time with family time. We all slip up sometimes, but this is a great chance to model good behavior and share with your kids that we can all learn and grow. Talk to them about times when you were distracted by tech, ask them how it makes them feel when people aren't fully present. And commit to trying your best to uphold the rules you set together.</p> <p>Now let's take a moment to reflect on what we talked about today. At the beginning of the night you said what you wanted to learn. Does anyone want to share some of the things that you did learn.</p> <p>{Allow for 2 or 3 people to answer.}</p> <p>Say: Great, if I didn't get a chance to call on you, please add what you learned to the poster as you leave for the night.</p> <p>{click to next slide}</p>
37: Thank you	<p>Say: There are a lot of things that we can talk about and learn in regards to online safety, citizenship and wellbeing. We hope tonight is the first of many conversations with not only your family but also with the community. We would like to host another night like this in the future. If there are things that we didn't talk about that you still want to learn about, add them to the correct poster as you leave, that way we know what to talk about next!</p> <p>This concludes our Be Internet Awesome session.</p> <ul style="list-style-type: none">• Thank everyone for attending• Call to action: go home and go through the Be Internet Awesome Family Guide with the kids in your life.• Share information about any upcoming technology sessions/events/activities• Ask everyone to complete and turn in evaluations