Facilitator’s Guide: Real-Time (in person or virtual) Create with Kindness Program

This guide is designed to help your PTA facilitate an in person or virtual ***Create with Kindness***

session.

**APPROXIMATE EVENT LENGTH:** 60 min. in person; 50 min. virtual

**EVENT GOALS:**

1. Teach the importance of being safe, responsible, and smart online, and what families can do to help their teen navigate their online experiences.
2. Facilitate a peer student panel about their online experiences.
3. Share TikTok’s Family Pairing features.
4. Give families the opportunity to discuss their online experiences, behaviors and expectations.

**PARTICIPANT HANDOUTS:**

1. [TikTok Digital Well-being Checklist](https://www.pta.org/docs/default-source/files/programs/pta-connected/2022/tiktok/resources-for-families/tiktok-wellbeing-checklist.pdf)
2. [5 Tips to Help Your Teen Navigate Their Online Experiences](https://www.pta.org/docs/default-source/files/programs/pta-connected/2022/tiktok/resources-for-families/5-tips-to-help-your-teen-navigate-their-online-experiences.pdf)
3. [Assessing Online Challenges and Viral Warnings](https://www.pta.org/docs/default-source/files/programs/pta-connected/2022/tiktok/resources-for-families/assessing-online-challenges-and-viral-warnings.pdf)

**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 ***Create with Kindness*** session [agenda](https://www.pta.org/docs/default-source/files/programs/pta-connected/2022/tiktok/real-time/tiktok-session-agenda_rt.pdf) and [presentation](https://www.pta.org/docs/default-source/files/programs/pta-connected/2022/tiktok/real-time/tiktok-presentation_rt.pptx).

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| **Slide #** | **Facilitator Script** |
| 1: Intro | **Note:** Add school name, date and school branding**Say:** Hello and welcome to the Create with Kindness Session, made possible by National PTA and TikTok.**{Click to next slide}** |
| 2: Session Objectives | **Say:** During this session one hour **{50 if virtual}** session we are going to:1. Explore why it is important to be kind, responsible and safe when online.
2. Hear from a group of students about their online experiences.
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|  | 1. Discuss what families can do to help their teen navigate their online experiences.
2. Implement TikTok’s Family Pairing features.
3. Practice discussing your family’s online experiences, behaviors, and expectations.

This will be both an educational and interactive session. We want to give family members lots of opportunities to talk to and learn from each other.I will now introduce **{insert speakers name and title},** who is going to kick off this session.**{Click next slide}** |
| 3: Temperature Check | **Say:** Before we dive into this session, let’s do a temperature check to see what’s going on in your families.**{Click return on the keyboard once OR left click the mouse once and say}**Adults, raise your hand if you know what online platforms your teens are using.**{pause for 3 seconds, then say}**OK you can put your hands down. Adults, put your hands up if you have seen your teen(s) post something online that you were not happy about.**{Pause for 3 seconds, click return on the keyboard once OR left click the mouse once, then say}**Teens now it’s your turn. Raise your hand if you know what online platforms your parent or caregiver is on.**{Pause for 3 seconds, then say}**OK you can put your hands down. Teens, put your hands up if you have seen them post something online that you were not happy about.**{Click to next slide}** |

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| 4: Temperature Check | Say: Families: raise your hands if you talked about your family’s rules for technology before you started using it. Keep your hands up if rules were set for both the adults and teens in your house.**{Click to next slide}** |
| 5: Why Being Online Is Important | **Say:** Technology use dramatically increased for everyone during COVID. Adults and kids…young and old…were forced to use technology to stay connected to their friends and families that they couldn’t see in person.Online platforms and apps are here to stay and have a valuable place in our society. They can bring us together, show us a glimpse of the world we might not otherwise experience and help build community.People are using it now more than ever to:* Share information or learn new skills
* Express themselves creatively or share stories about themselves.
* Connect with others socially, professionally and spiritually and
* Find community and a sense of belonging It is also being used
* As entertainment
* As a way to mobilize, activate around issues and show support for their communities and
* As a way to get motivated or to motivate others.

**{Click next slide}** |
| 6: What Is TikTok? | **Say:** TikTok is the leading destination for short-form mobile video that enables people to express their creativity using a wide array of in-app creative tools.From endearing toddlers with big attitudes to grandmas with hilarious one- liners, TikTok transcends generations and brings people together to create, have fun, and be entertained. TikTok is a source of joy and inspiration, and it helps people discover new ideas and learn new things, from art projects to science and history. |

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|  | **{Play TikTok video then say}**Users must be at least 13 years old to sign up for an account and have full access to the platform. Making TikTok videos is really an enriching creative exercise. People who make them are called Creators.People like TikTok because the platform has built a community that encourages everyone to express themselves creatively and authentically. The videos are short which make them easy to watch. Popular videos highlight music and dance, unique science experiments, useful life hacks, creative math tricks, easy DIY projects, and motivational messages and advice.Does anyone want to share any TikTok creators you follow or videos that you’ve seen recently that you really like?**{Allow for 2-3 answers, then click to next slide.}** |
| 7: Why Does Kindness Matter? | **Say:** So…why does it matter if we are kind to others?A simple act of kindness can turn a bad day into a good day for both the receiver and the giver. It feels good to make someone else smile.It feels good to have something nice done for you. It feels good to watch people be kind to others.Kindness helps people connect and create bonds. It can help people feel seen, heard, cared about or less alone.Kindness matters because it’s good for your health. Doing something kind for others releases a feel-good hormone in our body that reduces our blood pressure. Being kind to someone may help that person feel less stressed, overwhelmed or anxious.Kindness matters because it’s contagious. When one person sees someone doing something kind, they are often inspired to do the same. |

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|  | Kindness matters because it sparks hope or re-instills faith in the goodness of others.We all can use the reach of the internet to create kindness, spread happiness and joy, make people feel good, spark hope and create a kindness domino effect.**{Play TikTok video then say}**Raise your hand if watching this video made you feel good.**{Click to next slide}** |
| 8: Student Panel | **Say:** Now we are going to hear more from students about what they are experiencing online, and what kind of support they need.I’m happy to introduce **{Say the names and grades of each of your student panelist.}**Thank you so much for participating in this important conversation.**Note: The panel will have 15 min. to discuss these questions. Different people should answer different questions}**1. Do you use TikTok? Why do you enjoy using it?
2. How do you use TikTok in your life? What types of videos show up in your For You feed? What kind of creators do you follow?
3. Can you describe an example of when you’ve used…or seen someone else use…TikTok to spread positivity or joy?
4. What do you wish parents and adults knew about platforms like TikTok?
5. Do your parents monitor what you are doing online?
6. Have you ever sat down with your parent or caregiver and discussed guidelines or rules around what you can do online? If so, how did that conversation go?
7. If you’ve ever come across something dangerous online, what did you do about it?
8. Have you had a negative experience on social media? What tools have you used, or actions did you take?
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|  | 1. Sometimes being online can make you feel pressured: pressured to constantly be “on,” or to chase “likes,” or to get views, or that you are in a “best life” competition, or that you must always look and act perfect. What do you do when you feel like you need to take a break?

**{Ask everyone this last question}**1. Are there any other things adults can do to help the teens in their lives responsibly navigate technology?

**{After 15 minutes say}**This concludes our student panel. Thank you so much again for participating and for all the great insight you share.**{Click next slide}** |
| 9. What Can Families Do? | **Say:** Parenting a teen’s digital life can be daunting and overwhelming for adults. Teenagers know more than their parents about technology and naturally want more online freedom as they get older.Regardless of how independent your teen is or how little you think you know about technology it is still important for you as parents and caregivers to set guardrails with your teenagers to keep them safe online just as you would offline.You can do this by supporting your teen as they start to use technology, discussing what to keep private, and exploring different safety settings offered by the apps your teen is using.**{Click to next slide.}** |
| 10: How to Support Your Teen Online | **Say:** As you heard teens want, need and value support from a trusted adult in their lives as they navigate their online experiences. Teenagers told TikTok that they want adults to: |

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|  | Help them understand the rules. They said that teens don't expect trusted adults to be experts on every platform, but they value support to set up their accounts. They also said parents shouldn't be afraid to set boundaries.Be available to chat. Teens said they want trusted adults to be interested intheir digital life and to recognize how important the online world is to them…to be available to chat, and not be afraid to initiate a conversation.Don’t panic when things go wrong. Don’t accuse them of anything. Listen calmly, ask questions and focus on solutions.Trust them. Don’t expect or assume the worst.Respect their privacy. It's natural to worry, but it’s important to give them the space to develop their life outside of you.Do any of the students want to share any other ideas for how your parents or caregivers can support you?**{Allow for 2-3 responses, then click to next slide.}****{Click to next slide}** |
| 11: Should Your Accounts Be Public or Private? | **Say:** Many parents and teens wonder if their accounts should be public or private and how that impacts their ability to communicate with others through Direct Messaging.On TikTok if you are 13-15 years old, your account starts as private. A private account means that while others on TikTok can search for you, they must request and be approved as a friend to see your content.A pop-up appears when teens under the age of 16 are ready to publish their first video, asking them to choose who can watch the video. They won't be able to publish their video until they make a selection. With each video going forward, creators can decide who can watch before they post. |

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|  | For those 16 and older, your account starts as public by default, which means any TikTok community member can view your videos and post comments or reactions to engage with the content you’ve created and shared—but you can easily change this in your privacy settings.When someone aged 16-17 joins TikTok, their Direct Messaging setting is set to 'No One' by default. While the “Everyone” setting in DMs is disabled for 16- 17 year olds, they can switch this setting to “Friends” to message with people they know. Existing accounts that have never used DMs before will receive a prompt asking them to review and confirm their privacy settings the next time they use this feature.There are pluses and minuses to having a public account. TikTok users get significant joy from watching videos from a diverse community. More communication and collaboration can spark greater creativity and lead to a more satisfying online experience. A public account, however, means that any user can view your videos and send you Direct Messages if you’re over the age16. This will not be appropriate or desirable for every user.Making an account private is a way to restrict interactions to only those you have approved. Ultimately, this is a personal decision, and one that parents are encouraged to make together with their teen.**{Click to next slide}** |
| 12: TikTok Family Pairing | **Say:** TikTok’s Family Pairing features give parents and teens the ability to customize their safety and privacy settings based on individual needs.It links a parent or caregivers TikTok account to their teen’s and, once enabled, the parent or caregiver can directly manage a number of settings for theirteen’s account including1. Screen time management
2. Search settings, which limits certain content that can or can’t be searched for
3. Who, if anyone, can directly message your teen over 16.
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|  | Families are encouraged to review Family Pairing together and decide which features you may turn on.The digital wellness checklist has some suggestions for how to keep yourself safe while enjoying TikTok.**{Click to next slide}** |
| 13: Family Activity1: Set YourFamily’s Online Rules | **Say:** Now it’s time for family members to work together. Over the next four minutes, talk together about your online rules for both the teens and adults in your house.1. Will you all keep your account private or public.
2. What can teenagers share with others online? What can parents and caregivers share?
3. How will each of you handle if someone is mean or rude to you online?
4. How will each of you show respect and kindness online?

I’m going to set the timer for four minutes. Ready? Start talking!**{Set the timer for 4 min. When it’s finished, say:}**Ok time is up. Would anyone like to share one or two rules they came up with?**{Allow for 2-3 answers. If no one share move on.}****{Click to next slide}** |
| 14: Family Activity2: What Would You Do? | **Say:** Our next family activity is for you to talk together about how you would handle some common online scenarios. Again, these are for both the teens and adults in your house to answer.How would you handle:* Being bullied or witnessing someone else being bullied?
* Digital drama with a friend, peer or significant other?
* Seeing someone you know post something concerning?
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|  | I’m going to set another timer for 4 min. Ready? Start talking!**{Set the timer for 4 min. When it’s finished, say:}**Ok time is up. Would anyone like to share how they would handle one of these situations?**{Allow for 2-3 answers. If no one share move on.}****{Click to next slide}** |
| 15: Family Activity3: Create a TikTok Together | **If in person say:** Our final family activity is for you to take the next 7 minutes and create a TikTok together. You can create anything you want to. The only rule is that you don’t limit your imagination and you have fun.You’re also welcome to create a group TikTok with other families if you want to. Ready? Start creating!**{Set the timer for 10 minutes. When it’s finished, say:}**Ok time is up. We would love for participants to share their TikToks with us after this event.**{Click to next slide}****-------------------------------------------------------------------------------------------------------****If virtual say:** After this event we encourage your family to create a TikTok together. You can create anything you want to. The only rule is that you don’t limit your imagination and you have fun. We would love for participants to share your TikToks with us.**{Click to next slide}** |
| 16: Keep the Conversation Going! | **Say:** These activities have hopefully opened the door to deeper, more regular technology conversations at home. |

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|  | The Smart Talk, a collaboration between National PTA and Norton, guides families through these conversations and allows you to decide together their agreed upon rules around device use, privacy and sharing, and security and citizenship.We encourage you to check it out more after this session.**{Click to next slide}** |
| 17: Q&A with a digital safety expert | **Say:** Now we would like to take 5 min. and give you the chance to ask **{insert name and title of digital safety expert}** any digital safety questions you have.**{Set timer for 5 min. If no one asks questions, click to next slide.}** |
| 18: Thank you | **Note:** If virtual, put the survey link in the chat.**Note:** Share information about any upcoming digital safety sessions/events/activities.**Say:** This concludes our Create with Kindness session. We hope your family was able to open the lines of communication about technology and feel ready and inspired to use online apps and platforms to spread kindness and positivity! Please complete the session evaluation.**{if virtual say}:** We’ve included the link in the chat. We will give you all time to open the link now.**{if in person say}:** We will email it to you after this event. Thank you for attending and for your participation! |