



# FAMILY ACADEMY

## Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



**FEDERAL WAY**  
PUBLIC SCHOOLS





CYBERBULLYING, DIGITAL DRAMA & HATE SPEECH

We are kind & courageous.

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



Dealing with Digital Drama



**FEDERAL WAY  
PUBLIC SCHOOLS**

Each Scholar: A voice. A dream. A **BRIGHT** future.



[commonsense.org/education](https://commonsense.org/education)

Shareable with attribution for noncommercial use. Remixing is permitted.

welcome to the workshop!

## objectives

- Discuss media and tech issues for teens/tweens
- Brainstorm strategies for supporting our kids

# Family Inventory

Does your kid sometimes seem upset after reading texts or social media messages? What causes the drama? Do you experience drama online?

What do you do if they come to you for support?

What's the biggest challenge when it comes to digital drama?



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

## "Dealing with Digital Drama" Teen Voices video



[commonsense.org/education](https://commonsense.org/education)

Shareable with attribution for noncommercial use. Remixing is permitted.

what did you hear?

# Tip No. 1



Defuse and de-escalate: Tell kids to take a break—and a breath—before responding to drama.

## Tip No. 2



Try the "to-their-face" test: Have kids imagine they're talking to someone in person, not just from behind a screen.



# Tip No. 3



Encourage in-person conversation: Even though it's hard, it will resolve drama more effectively than online messages.

# Tip No. 4



Help them take control: Use settings and in-app tools to lessen drama with strangers.



## 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.

 Find a partner; talk it through!



## Share with the group:

Which strategy will you take home and try?

# Early childhood life skills

## Family Tech Planner "No Phone Zones"

2-8 years old

**Family Tech Planner**  
For families with children age 2-8

You can use this planner to set rules for screen time as a family. Talk with your kids about which platforms and devices are okay to use, like TV, tablets, phones, and video games. And decide together when, where, and for how long they can use them. Be sure to let your kids share their ideas, too!

Child's Name \_\_\_\_\_  
\_\_\_\_\_

Devices and services we can use  
(TV, tablet, Netflix, Disney+, Switch, etc.) \_\_\_\_\_  
\_\_\_\_\_

**Family Expectations**  
The American Academy of Pediatrics recommends:  
Younger than 18 months: Avoid screen use except for video chats with loved ones.  
2-5 years: Limit screen time to one hour a day of high-quality, age-appropriate content.  
6 and older: Balance screen use with reading, hobbies, and time with friends and family. Make sure it doesn't interfere with sleep, exercise, and other healthy behaviors.

**When, Where, and for How Long**  
Create a schedule that works for your family!

| We Can Use Devices:<br>Child's Name | Weekdays:<br>Amount of Time | Weekends/Holidays:<br>Amount of Time |
|-------------------------------------|-----------------------------|--------------------------------------|
| _____                               | _____                       | _____                                |
| _____                               | _____                       | _____                                |
| _____                               | _____                       | _____                                |

9-12 years old

**Family Tech Planner**  
For families with children age 9-12

You can use this planner to spark conversations and set expectations about screen time as a family. Talk about how you use tech, what you use it for, and how it can affect you. Post your plan somewhere for reference, and update it as kids get older!

Child's Name \_\_\_\_\_

Devices and services we can use  
(TV, tablet, Netflix, Disney+, Switch, etc.) \_\_\_\_\_  
\_\_\_\_\_

13+ years old

**Family Tech Planner**  
For families with teens

You can use the questions below to spark conversations with teens about their digital lives. Take it a step further by writing your thoughts and goals in the blanks provided.

**Family Expectations**

**We Are Safe**  
Staying safe with tech means not sharing private or financial information, being careful about who we trust online, and paying attention to feelings that signal something's not okay.

What are some examples of being unsafe with tech? (Texting while driving, sending nudes, etc.)  
\_\_\_\_\_  
\_\_\_\_\_

What's a change or commitment to safety we can make? To stay safe, we will ...

Adult: \_\_\_\_\_

Teen: \_\_\_\_\_

# Common Sense Media Tips by Text

Get entertainment picks and  
tips for healthy tech use.

**Text the word "kids" to 21555.**

*For families with 3- to 11-year olds*

Message and data rates may apply.  
Send "STOP" to stop receiving messages.

For more info, visit [www.commonsense.org/text](http://www.commonsense.org/text).



**Text the word "kids" to 21555.  
For tips in Spanish, text "familia."  
We'll send tips directly to your phone!**



# Thank you!



*Check out our FWPS Social Media  
Support Page for Resources:  
[bit.ly/FWsm2023](https://bit.ly/FWsm2023)*





Thank you!



# Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey.



Scan QR code,  
or visit: [www.fwps.org/FamilyAcademySurvey](http://www.fwps.org/FamilyAcademySurvey)

*Encuesta posterior al evento: !Ayúdenos a mejorar!*

*Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!*

*Опрос мнения по окончании мероприятия:  
Помогите нам учесть недочёты!*

*پست-نظرسنجی : رویداد به ما کمک می کند  
بهبود یابیم!*

**Thank you!**