



MODULE 7

COLLABORATION AND COMMUNITY SUPPORT IN PREVENTING SOCIAL MEDIA RISKS



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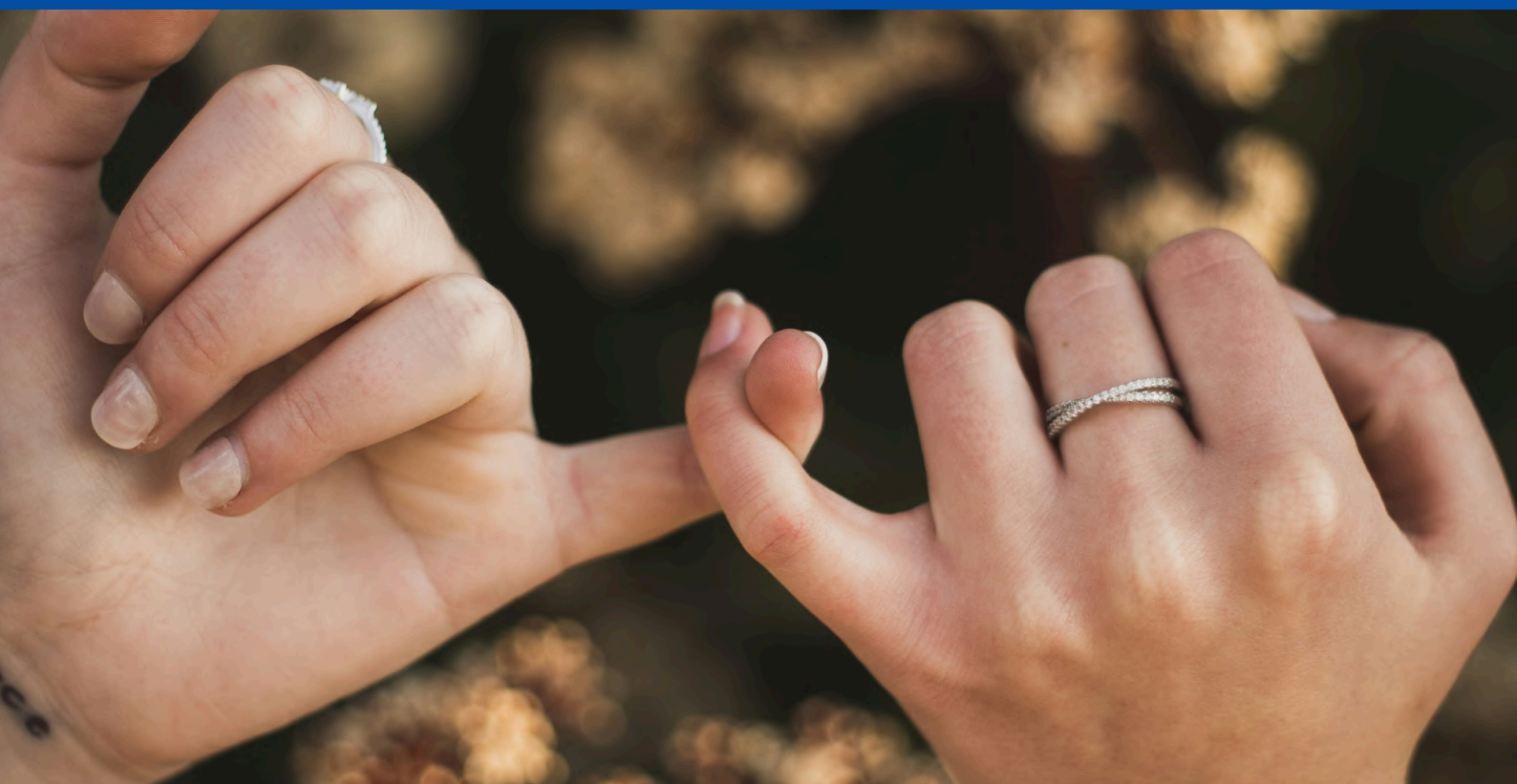


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Lesson 7.5

Parental Involvement and Support Programs



ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity



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Parental Involvement and Support Programs

Objectives:

- Understand the critical role parents play in addressing social media risks.
- Learn strategies to engage parents in meaningful discussions and initiatives about online safety.
- Explore support programs and resources designed to empower parents in guiding their children's social media use.
- Build strong partnerships between parents, schools, and youth workers to create a safer digital environment for youth.

Key Message(s):

- Parental involvement is essential in fostering a balanced and safe approach to social media use.
- Effective support programs equip parents with the knowledge and tools to monitor, guide, and discuss online behavior with their children.
- Collaboration between parents, schools, and youth workers strengthens the overall effort to reduce social media risks.
- Empowering parents creates a ripple effect, positively influencing the digital habits and safety of young people.



TYPE OF LESSON:





Lesson Overview

This lesson focuses on equipping participants with strategies to engage parents in addressing social media risks. By fostering active parental involvement and providing them with support programs, this lesson aims to create a strong network of guidance and accountability that helps young people navigate the digital world safely.

The workshop is organized into 4 steps:

- 1: Understanding Parental Roles (5 Min)
- 2: Strategies for Effective Parental Involvement (5 min)
- 3: Developing Support Programs (15 min)
- 4: Strengthening Parent-School Partnerships (15 min)



Step 1

Understanding Parental Roles

Parents play a pivotal role in guiding their children's digital habits and addressing social media risks. Their involvement begins with understanding how their children engage with social media, including the platforms they use, the type of content they consume, and their online interactions.

Parents act as role models, demonstrating responsible and balanced social media use.

They provide emotional support, setting the tone for open and honest communication about online experiences.

By being actively involved, parents help their children develop critical thinking skills to navigate risks like cyberbullying, privacy concerns, and inappropriate content.



Step 1

Understanding Parental Roles

Why Parental Roles Matter

Building Trust: When parents engage in open communication, children feel more comfortable sharing their online experiences.

Setting Boundaries: Parents establish guidelines for safe and healthy social media use, balancing screen time and offline activities.

Providing Guidance: Parents teach children to recognize online risks, understand privacy settings, and respond appropriately to challenges.

Creating a Safe Space: Parental involvement creates an environment where children feel supported and protected as they navigate the digital world.

Active and informed parental roles empower children to make safer and more thoughtful decisions online.



Step 2

Strategies for Effective Parental Involvement

Effective parental involvement begins with open and honest communication.

Parents should **create a safe space for their children** to share their online experiences, concerns, and questions.

Encourage parents to **engage in regular conversations** about social media, focusing on understanding rather than judgment.

Building trust is essential—parents should show genuine interest in their child’s digital world while respecting their privacy.

Parents can also **set clear expectations and boundaries** for social media use, such as time limits, appropriate content, and online etiquette.

These rules should be created collaboratively with their children to ensure mutual understanding and compliance.

By **maintaining consistency** in these expectations, parents foster a sense of accountability and responsibility in their children.



Step 2

Strategies for Effective Parental Involvement

Another effective strategy is **modeling positive behavior**. Parents should **demonstrate healthy social media habits**, such as limited screen time, avoiding oversharing, and engaging in respectful online communication. When parents model these behaviors, children are more likely to follow suit. Additionally, parents should **stay informed about social media** platforms, trends, and potential risks. Schools and youth workers can assist by providing workshops, resources, or updates on the latest digital challenges. Creating opportunities for parents to collaborate with other parents, schools, and youth workers can enhance their confidence and ability to guide their children effectively.

Active, informed, and respectful parental involvement is crucial for fostering healthy and safe social media habits in young people.



Step 3

Developing Support Programs

Support programs for parents are essential for empowering them to navigate their children's online activities effectively. These programs provide tools, resources, and strategies to help parents monitor, guide, and communicate about social media use.

Key Goals of Support Programs:

- **Educate Parents:** Provide training on the risks and opportunities of social media, including privacy, cyberbullying, and screen time management.
- **Enhance Communication:** Teach parents how to have open and supportive conversations about social media with their children.
- **Promote Digital Literacy:** Equip parents with the knowledge to guide their children in making informed and responsible digital decisions.
- **Encourage Monitoring:** Share tools and techniques for supervising online activities without infringing on trust.



Step 3

Developing Support Programs

Tools and Best Practices

Effective Tools for Parent Support Programs:

- **Workshops and Seminars:** Interactive sessions covering social media trends, risks, and communication tips.
- **Resource Guides:** Printable or digital handbooks on online safety, parental controls, and conversation starters.
- **Apps and Monitoring Tools:** Introduce user-friendly tools like Family Link, Qustodio, or Bark for managing screen time and monitoring online activity.
- **Support Groups:** Facilitate community-based parent groups for sharing experiences and advice.



Step 3

Developing Support Programs

Tools and Best Practices

Best Practices:

- Use **accessible language and inclusive materials** to engage all parents.
- **Incorporate real-life scenarios and role-playing exercises** to make the sessions practical.
- **Partner with schools and youth workers** to ensure consistent messaging and shared goals.
- **Offer ongoing resources and follow-ups** to reinforce learning and adapt to evolving digital challenges.



Step 4

Strengthening Parent-School Partnerships

Why Parent-School Partnerships Matter

Parent-school partnerships play a vital role in **fostering a supportive environment** for addressing social media risks.

When parents and schools collaborate effectively, they create a united front to guide young people in safe and responsible online behavior. These partnerships help **bridge communication gaps**, align efforts, and provide consistent messaging about online safety.

Effective partnerships also **build trust, encourage mutual accountability, and strengthen the collective ability** to respond to challenges like cyberbullying, inappropriate content, and overuse of social media.

By working together, parents and schools can create a safer and more informed digital ecosystem for students.



Step 4

Strengthening Parent-School Partnerships

Practical Strategies for Building Strong Partnerships

- **Regular Communication:** Establish consistent channels, such as newsletters, parent-teacher meetings, and online portals, to keep parents informed about social media education initiatives.
- **Joint Workshops:** Organize sessions for parents and educators to discuss challenges, share strategies, and learn about online safety tools and resources.
- **Shared Policies:** Collaborate on developing social media guidelines and rules that are implemented both at home and in school.
- **Feedback Mechanisms:** Create opportunities for parents to voice their concerns, ask questions, and provide input on school-led social media programs.
- **Parent Support Networks:** Encourage the formation of parent groups or forums where they can share experiences, advice, and support for managing social media risks.



Tools

Parental Control Tools

- **Qustodio:** Monitors children's online activities and sets screen time limits.
 - **Family Link by Google:** Helps parents manage their child's digital habits and usage.
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Monitoring and Educational Apps

- **Bark:** Alerts parents to potential risks in their child's online activities.
 - **Be Internet Awesome:** A Google initiative with games and lessons that parents can use to teach online safety.
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Community Building Platforms

- **Facebook Groups:** For parent forums or support groups focusing on social media education.
 - **WhatsApp:** For quick communication and sharing updates among parent groups.
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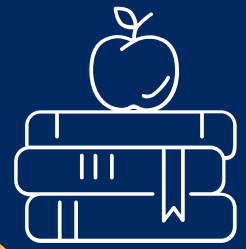


Key Takeaway Summary

Parental involvement is a cornerstone in addressing social media risks and guiding young people toward safe and responsible online behavior.

Through effective collaboration with schools and youth workers, parents can play an active role in educating their children about online safety. Support programs and communication tools empower parents to monitor, guide, and engage in meaningful discussions about social media use.

Building strong partnerships between parents and schools ensures consistent messaging, fosters trust, and creates a united approach to tackling challenges like cyberbullying, screen time management, and inappropriate content. Together, these efforts help create a safer digital environment for young people.



Instructions for youth workers, educators, and teachers

Objective:

The goal of this lesson is to empower youth workers, educators, and teachers to actively involve parents in addressing social media risks. By understanding the importance of parental roles and utilizing support programs, participants will learn how to foster strong parent-school partnerships and provide parents with the tools they need to guide their children toward safer online practices.

Materials Needed:

- **Technical Requirements**

- Projector or screen for presentations.
- Laptops, tablets, or smartphones for participants to explore digital tools.
- Reliable internet connection for accessing online platforms and resources.

- **Digital Tools:**

- Access to collaborative tools

- **Presentation Slides**

- **Handouts:**

- Case studies or examples of successful parent-school collaboration initiatives.
- Educational resources on online safety and social media risks.
- Sample templates for parental support programs and communication plans.





Step 1: Understanding Parental Roles (5 Min)

Parental roles are pivotal in shaping children's online behavior and attitudes toward social media. Youth workers, educators, and teachers should guide parents in understanding their influence as role models and digital mentors.

Encourage parents to set clear boundaries for social media use, lead by example in their own online behavior, and engage in open conversations about digital safety.

Highlight the importance of being approachable and supportive so that children feel comfortable discussing online challenges.

Educators and youth workers should provide parents with resources and practical tips to navigate the digital world confidently and empower them to take an active role in monitoring and guiding their children's online activities.

This foundational understanding builds trust and establishes a collaborative effort between parents, schools, and communities.





Step 2: Strategies for Effective Parental Involvement (5 min)

To foster effective parental involvement, youth workers, educators, and teachers must focus on building trust and creating opportunities for open, ongoing communication.

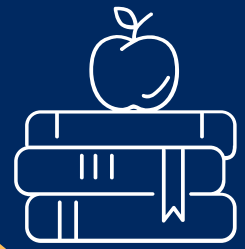
Start by organizing workshops or meetings to educate parents about the risks and challenges of social media and provide them with practical strategies for guiding their children.

Encourage two-way dialogue where parents can voice their concerns and share insights about their child's behavior.

Offer actionable tips, such as setting family social media rules, encouraging screen-free zones, and discussing online safety regularly with their children.

Additionally, create inclusive communication channels, like newsletters, parent groups, or online platforms, to ensure parents stay informed and engaged. Collaboration and consistent support are key to empowering parents as active partners in addressing social media risks.





Step 3: Developing Support Programs (15 min)

Developing support programs for parents requires a structured approach to ensure they feel informed, empowered, and equipped to address social media risks effectively.

Youth workers, educators, and teachers should begin by identifying the specific needs and concerns of parents through surveys, feedback forms, or open discussions.

Use this information to design programs that address common challenges, such as cyberbullying, screen time management, and understanding online privacy.

Provide parents with clear, practical resources, including workshops, handbooks, and online guides. These should focus on building their digital literacy, teaching effective communication techniques with their children, and offering strategies for monitoring social media use. Incorporate interactive activities, such as role-playing or real-life scenarios, to make the sessions engaging and relatable.

Lastly, ensure the support programs are accessible to all parents by offering them in multiple formats, such as in-person meetings, virtual sessions, or recorded materials.

By creating tailored and inclusive programs, educators can help parents become active partners in guiding young people toward safer and more responsible social media habits.





Step 4: Strengthening Parent-School Partnerships (15 minutes):

To strengthen parent-school partnerships, youth workers, educators, and teachers should establish open, consistent communication channels, such as regular parent meetings, newsletters, or online platforms. Encourage parents to actively participate in school-led initiatives focused on social media education and safety. Provide clear guidelines on social media risks, share resources for parental involvement, and organize joint workshops to build trust and collaboration. Use feedback tools to understand parental concerns and adjust programs to address their needs effectively. These efforts create a united approach, fostering a safe and supportive digital environment for young people.

Reflection Questions:

- How can you actively engage parents in discussions about social media risks?
- What specific tools or programs can you provide to empower parents in guiding their children?
- How can you build stronger partnerships with parents to create a consistent approach to online safety?

Key Takeaways:

Parental involvement is essential for addressing social media risks effectively. Youth workers, educators, and teachers should prioritize open communication with parents, providing them with practical tools and strategies to guide their children's online behavior. Focus on building trust through regular updates, joint workshops, and collaborative initiatives. Equip parents with resources such as communication guides, online safety tips, and support networks to strengthen their role. By fostering strong parent-school partnerships, you create a united approach that ensures consistent guidance and reinforces safe digital practices for young people.



Follow-Up and At-Home Activities

As youth workers, educators, and teachers, it is essential to extend learning beyond the classroom to reinforce parental involvement in addressing social media risks. Encourage parents to engage in at-home activities such as setting family rules for social media use, discussing online safety scenarios with their children, and exploring educational resources together. Provide parents with follow-up tasks like monitoring screen time, reviewing their child's privacy settings, or using parental control apps to ensure safe digital practices.

Tips for Teachers:

Teachers can also share simple tips with parents, such as having regular conversations about their child's online experiences, promoting balance between online and offline activities, and modeling healthy digital habits themselves. To keep the momentum, recommend ongoing participation in school-organized workshops or parent forums and provide regular updates on emerging social media trends and risks. These actions will strengthen the collaboration between home and school, ensuring a consistent approach to online safety for young people.





References

- Family Online Safety Institute (FOSI), Offers tools, tips, and research to help families manage online risks effectively, www.fosi.org
- Be Internet Awesome by Google, A program that provides interactive activities and resources for teaching kids and parents about digital safety and citizenship, beinternetawesome.withgoogle.com
- European Schoolnet – Online Safety Resources, A network providing practical guides for educators and parents to address online risks, www.eun.org
- UNICEF – Digital Safety for Children and Youth, Reports and guidelines on how families, schools, and communities can address social media risks, www.unicef.org





QUIZ

1. What is the primary role of parents in addressing social media risks?
 - A. Monitoring their child's online activity
 - B. Encouraging open conversations about social media use
 - C. Collaborating with schools and youth workers
 - D. All of the above

2. Which of the following is an effective way for schools to engage parents in social media safety programs?
 - A. Sending generic emails without follow-up
 - B. Hosting joint workshops and discussions
 - C. Criticizing parents for lack of involvement
 - D. Relying only on students to share information at home

3. What is a key benefit of parent-school partnerships in reducing social media risks?
 - A. Creating consistent messaging about online safety
 - B. Giving schools sole responsibility for students' online behavior
 - C. Reducing the need for parent involvement
 - D. Avoiding the development of digital policies





QUIZ

4. Which tool can help parents monitor their child's social media use effectively?

- A. Canva
- B. Family Link by Google
- C. Padlet
- D. Trello

5. What is an example of an at-home activity for parents to encourage safe social media use?

- A. Setting clear family rules for social media use
- B. Ignoring their child's online habits
- C. Allowing unrestricted social media access
- D. Relying solely on schools for social media education





Solutions

Question 1: D

Question 2: B

Question 3: A

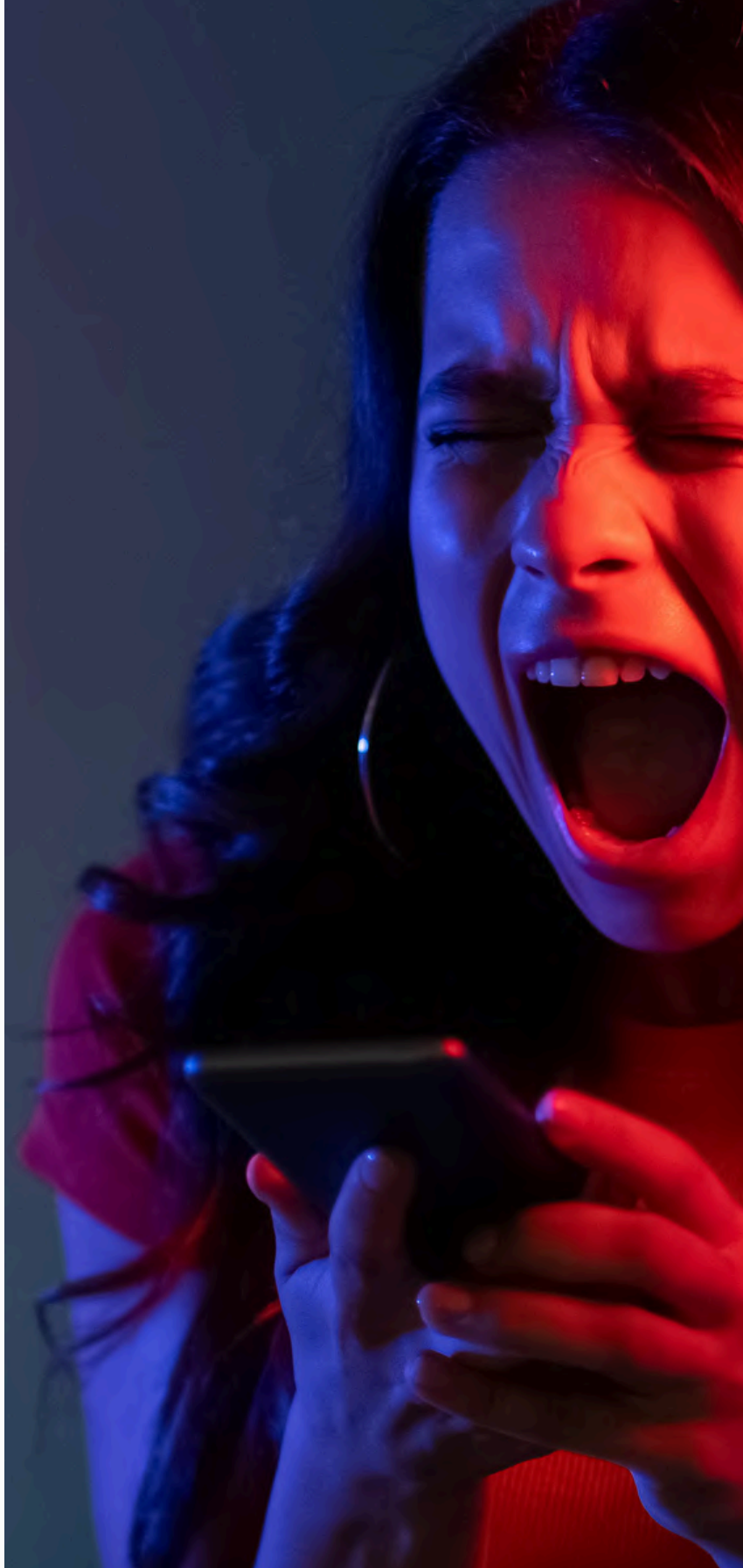
Question 4: B

Question 5: A





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