



MODULE 7

COLLABORATION AND COMMUNITY SUPPORT IN PREVENTING SOCIAL MEDIA RISKS



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Lesson 7.6

Building a Supportive Community Network



ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity



**Co-funded by
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Building a Supportive Community Network

Objectives:

- Understand the importance of community networks in supporting social media safety.
- Identify key stakeholders and partners.
- Learn strategies for fostering strong relationships.
- Explore how to leverage existing resources for effective support.
- Discover ways to create programs that raise awareness and provide ongoing support.

Key Message(s):

- Community Networks Matter: They provide essential support and resources for online safety.
- Collaboration is Vital: Parents, educators, and local leaders must work together.
- Trust Builds Safety: Strong relationships within the community create a safer environment.
- Leverage Resources: Utilize existing tools and platforms to strengthen support.
- Programs Drive Change: Awareness and support programs empower responsible social media use.



TYPE OF LESSON:





Lesson Overview

This lesson focuses on how to build and maintain a supportive community network that helps mitigate social media risks. Participants will learn how to create an environment where families, educators, and local organizations work together to support safe social media use and digital well-being.

The workshop is organized into 4 steps:

- 1: Define Community Networks (5 Min)
- 2: Identify Key Stakeholders (5 min)
- 3: Build Strong Relationships (15 min)
- 4: Create Awareness and Support Programs (15 min)



Step 1

Define Community Networks

What is a Community Network?

A community network is a group of interconnected individuals, organizations, and resources that work together to support a shared goal. In the context of social media safety, it refers to a collaborative effort to ensure the well-being of individuals, especially children and adolescents, as they navigate online spaces.

Key Features of a Community Network:

- **Interconnectedness:** Stakeholders (parents, educators, community leaders, etc.) work together for a common purpose.
- **Shared Resources:** Access to support services, information, and tools that help individuals stay safe online.
- **Collective Responsibility:** Everyone in the community has a role in protecting and supporting others in digital spaces.



Step 1

Define Community Networks

Why Community Networks are Important for Social Media Safety

Prevents Isolation: Reduces feelings of loneliness by fostering connections.

Promotes Shared Learning: Enables knowledge exchange on online safety.

Builds Trust: Encourages open communication and support.

Protection Against Social Media Risks:

- **Early Intervention:** Identifies and addresses issues promptly.
- **Comprehensive Support:** Provides access to resources like mental health support and digital literacy.
- **Empowers Individuals:** Encourages safe and responsible social media behavior.



Step 2

Identifying Key Stakeholders

- **Parents and Families:** Play a primary role in supporting children's digital well-being, monitoring social media use, and fostering open communication.
- **Educators and Schools:** Teachers, counselors, and school administrators help integrate digital literacy and safety into the curriculum and provide guidance on healthy online behaviors.
- **Mental Health Professionals:** Psychologists, counselors, and therapists provide support for individuals experiencing social media-related stress, anxiety, or other mental health concerns.
- **Community Leaders and Local Organizations:** Leaders, youth clubs, and non-profits offer resources, organize events, and advocate for safe social media practices within the community.



Step 2

Identifying Key Stakeholders

The Role of Each Stakeholder

Parents and Families:

- Monitor online activity and set boundaries for safe usage.
- Engage in open discussions about social media risks and benefits.

Educators and Schools:

- Teach digital literacy and safe online practices.
- Address online bullying and mental health concerns related to social media.

Mental Health Professionals:

- Provide counseling and support for issues like cyberbullying, digital addiction, and self-esteem challenges.
- Educate families and schools on coping strategies for managing online pressures.

Community Leaders and Local Organizations:

- Offer workshops, seminars, and training on digital safety.
- Connect individuals to resources and create a safe environment for youth.



Step 3

Build Strong Relationships

Importance of Trust and Communication

- **Trust is the Foundation:** Strong community networks are built on trust. When individuals trust one another, they are more likely to seek help, share concerns, and collaborate.
- **Open Communication:** Encourage clear, respectful, and open communication within the network. Regular discussions and feedback create a transparent environment where everyone feels heard and supported.
- **Fostering Empathy and Understanding:** Understanding each other's perspectives and challenges (e.g., parents understanding the struggles of educators) strengthens the network.

Action Steps:

- Promote active listening within the network.
- Organize regular meetings to discuss concerns and share solutions.
- Use inclusive language and actions to make everyone feel welcome.



Step 3

Build Strong Relationships

Importance of Trust and Communication

- **Shared Goals and Values:** Ensure that all members are aligned on common goals (e.g., promoting online safety, supporting mental well-being). This alignment fosters a sense of shared purpose.
- **Recognize Diverse Contributions:** Acknowledge the unique skills and perspectives each individual or group brings to the network.
- **Sustaining Engagement:** Continuously engage network members by offering support, feedback, and opportunities for involvement, creating a long-lasting commitment to the cause.

Action Steps:

- Set clear community goals and involve everyone in the planning process.
- Celebrate successes and contributions from each network member.
- Provide ongoing training and resources to ensure continued collaboration.



Step 4

Create Awareness and Support Programs

Strategies to Create Awareness:

- **Workshops and Seminars:** Organize events for parents, educators, and youth to discuss social media risks, digital citizenship, and online safety.
- **Social Media Campaigns:** Use platforms like Facebook, Instagram, or local community groups to share tips, resources, and success stories on promoting safe online behavior.
- **Collaborations with Local Media:** Partner with local radio stations or newspapers to spread awareness about the importance of digital well-being.

Engaging Content Ideas:

- Real-life case studies and scenarios to demonstrate the impact of unsafe social media practices.
- Interactive Q&A sessions to address community concerns.
- Infographics & videos that explain key concepts in a relatable way.



Step 4

Create Awareness and Support Programs

Support Program Ideas:

- **Peer Mentorship Programs:** Pair youth with trained mentors who can provide guidance and support .
- **Counseling Services:** Offer access to counseling and mental health services for individuals affected by cyberbullying, addiction, or other online risks.
- **Digital Literacy Training:** Organize workshops to help parents and children develop the skills needed to recognize online dangers and use social media responsibly.

Program Implementation Tips:

- Ensure programs are easily accessible to all members.
- Create a feedback loop to evaluate the effectiveness of the programs and improve them.
- Collaborate with local schools, youth organizations, and mental health professionals to offer holistic support.



Tools

Padlet



padlet

A collaborative online board to share ideas, resources, and reflections.

padlet.com

ZOOM



zoom

Video conferencing tool for webinars and virtual meetings.

www.zoom.com



Key Takeaway Summary

The Lesson emphasizes the vital role of collaboration in fostering a safe digital environment. It highlights the importance of creating a community where parents, educators, mental health professionals, and local leaders work together to support social media safety.

By building strong relationships, leveraging existing resources, and creating targeted awareness and support programs, communities can empower individuals to navigate digital spaces responsibly.

Ultimately, a well-structured community network provides ongoing guidance, education, and emotional support, ensuring that everyone, especially vulnerable groups, has the tools and knowledge to thrive in an increasingly digital world.



Instructions for youth workers, educators, and teachers

Objective:

The objective of this lesson is to help youth workers, educators, and teachers understand the critical role that community networks play in supporting social media safety and digital well-being. Participants will learn how to identify key stakeholders, including parents, educators, mental health professionals, and local leaders, who should be involved in creating and maintaining these networks. The lesson will also provide strategies for fostering trust, open communication, and collaboration within a community. Additionally, participants will be equipped with the knowledge to design and implement programs that raise awareness about social media risks and provide ongoing support for individuals, ensuring active engagement from all members of the community to create a safer online environment.

Materials Needed:

- **Technical Requirements**

- Computers/tablets, internet access, and software for interactive activities.

- **Digital Tools:**

- Access to collaborative tools (e.g., Mentimeter, Padlet, Canva)

- **Assessment Tools:** Surveys (Google Forms or SurveyMonkey) for gathering feedback and assessing needs.

- **Presentation Slides**

- **Handouts:**

- Infographics about social media safety, community building, and program implementation.





Step 1: Define Community Networks (5 Min)

In this first step, youth workers, educators, and teachers should guide students in identifying and understanding the concept of community networks.

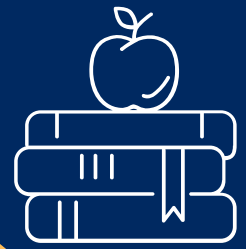
Explain that community networks are groups of people connected by shared interests, values, or goals, often centered around social, educational, or professional activities.

Encourage students to explore the importance of these networks in fostering support systems, collaboration, and shared knowledge.

Help them recognize various community networks, both online and offline, and the role they play in enhancing personal and collective well-being.

Use examples of local and global networks to highlight their impact on creating safer and more supportive environments for youth.





Step 2: Identify Key Stakeholders (5 min)

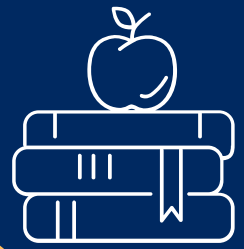
Stakeholders, youth workers, educators, and teachers should focus on identifying individuals and groups who can positively influence the effectiveness of social media risk prevention efforts.

Key stakeholders include parents, local authorities, community leaders, social media platforms, and organizations focusing on youth and digital literacy.

Start by mapping the roles and responsibilities of each group, considering their direct or indirect impact on young people's social media usage.

Engage these stakeholders through meetings, surveys, or discussions to understand their perspectives and create a collaborative approach to ensure the success of prevention strategies.





Step 3: Build Strong Relationships (15 min)

To foster a supportive environment for youth, it's essential to build and maintain strong relationships with them.

Start by establishing trust through consistent and open communication.

Show genuine interest in their well-being and listen actively to their concerns.

Engage in meaningful conversations that validate their feelings and experiences, creating a sense of belonging.

Encourage collaborative activities that promote teamwork, mutual respect, and empathy.

By fostering positive relationships, you not only help youth feel valued but also strengthen their support networks, which are crucial for preventing social media risks and promoting online safety.





Step 4: Create Awareness and Support Programs (15 minutes):

Design and implement initiatives to raise awareness of social media risks and provide support to parents and the community. Focus on issues like online bullying, privacy, and mental health. Engage parents and local organizations through workshops and resources to help families navigate digital challenges. Collaborate with support networks and use social media to share useful content. Ensure the programs are inclusive, accessible, and regularly evaluated for effectiveness. Your efforts will help build an informed community that supports youth in managing social media risks.

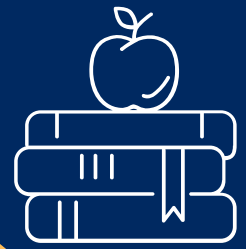
Reflection Questions:

- How can you effectively communicate the risks of social media to both youth and their families?
- What strategies can you use to encourage active parental involvement in supporting their children's digital well-being?
- How can local communities and organizations collaborate to provide ongoing support for families dealing with social media challenges?
- What are some potential barriers to creating awareness and support programs, and how can you overcome them?

Key Takeaways:

The Lesson emphasizes the importance of creating strong support networks to help youth navigate social media risks. By involving parents, communities, and local organizations, we can ensure that young people are supported both online and offline. Awareness programs should be tailored to address the specific needs of families and be adaptable to different contexts. Effective collaboration and ongoing evaluation are essential for sustaining these efforts and maximizing their impact.





Follow-Up and At-Home Activities

To reinforce the concepts from Lesson 6, encourage youth and their families to participate in a family discussion about social media usage, focusing on both its benefits and risks. Ask parents to guide their children in creating a family media plan that includes guidelines for safe and balanced online activity. Additionally, suggest that youth research local organizations or online resources that provide support for digital well-being and share their findings with their peers or family members. Encourage parents to join a local workshop or webinar on social media safety, if available, to strengthen their involvement. These activities will deepen the understanding of social media risks and promote a collective approach to online safety.

Tips for Teachers:

When creating awareness and support programs for social media risks, start by building strong relationships with students and parents to foster trust and open communication. Incorporate discussions on digital citizenship into your curriculum to help students understand the consequences of their online actions. Use real-life examples and case studies to make the risks more relatable. Encourage students to reflect on their online behavior and its impact on themselves and others. Involve parents through informational sessions or newsletters, providing them with the tools to support their children in navigating the digital world safely. Additionally, collaborate with local organizations to access resources and strengthen the support network around your students.





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QUIZ

1. What is the primary goal of creating awareness and support programs in relation to social media risks?
 - A. To restrict youth access to social media
 - B. To educate parents and the community about online safety
 - C. To promote the use of social media for educational purposes
 - D. To encourage youth to avoid all online platforms

2. Which of the following is an effective strategy for engaging parents in supporting their children's online safety?
 - A. Monitoring their children's social media activity without their consent
 - B. Providing parents with digital safety resources and hosting workshops
 - C. Encouraging students to block their parents on social media
 - D. Limiting the discussion of social media risks to the classroom

3. What is a key element in creating an inclusive awareness program?
 - A. Focusing on one social media platform
 - B. Ensuring the program is accessible to all members of the community
 - C. Limiting participation to youth only
 - D. Restricting the program to digital channels only





QUIZ

4. Which of the following best describes the role of local organizations in community support for social media risks?

- A. They should monitor online activity of children
- B. They should collaborate with schools to provide resources and support
- C. They should create content solely for youth
- D. They should limit their involvement to social media platforms

5. What is an essential factor to consider when evaluating the effectiveness of awareness and support programs?

- A. The number of people reached by the program
- B. Whether the program only uses online materials
- C. The cost of implementing the program
- D. The ongoing participation and feedback from the community





Solutions

Question 1: B

Question 2: B

Question 3: B

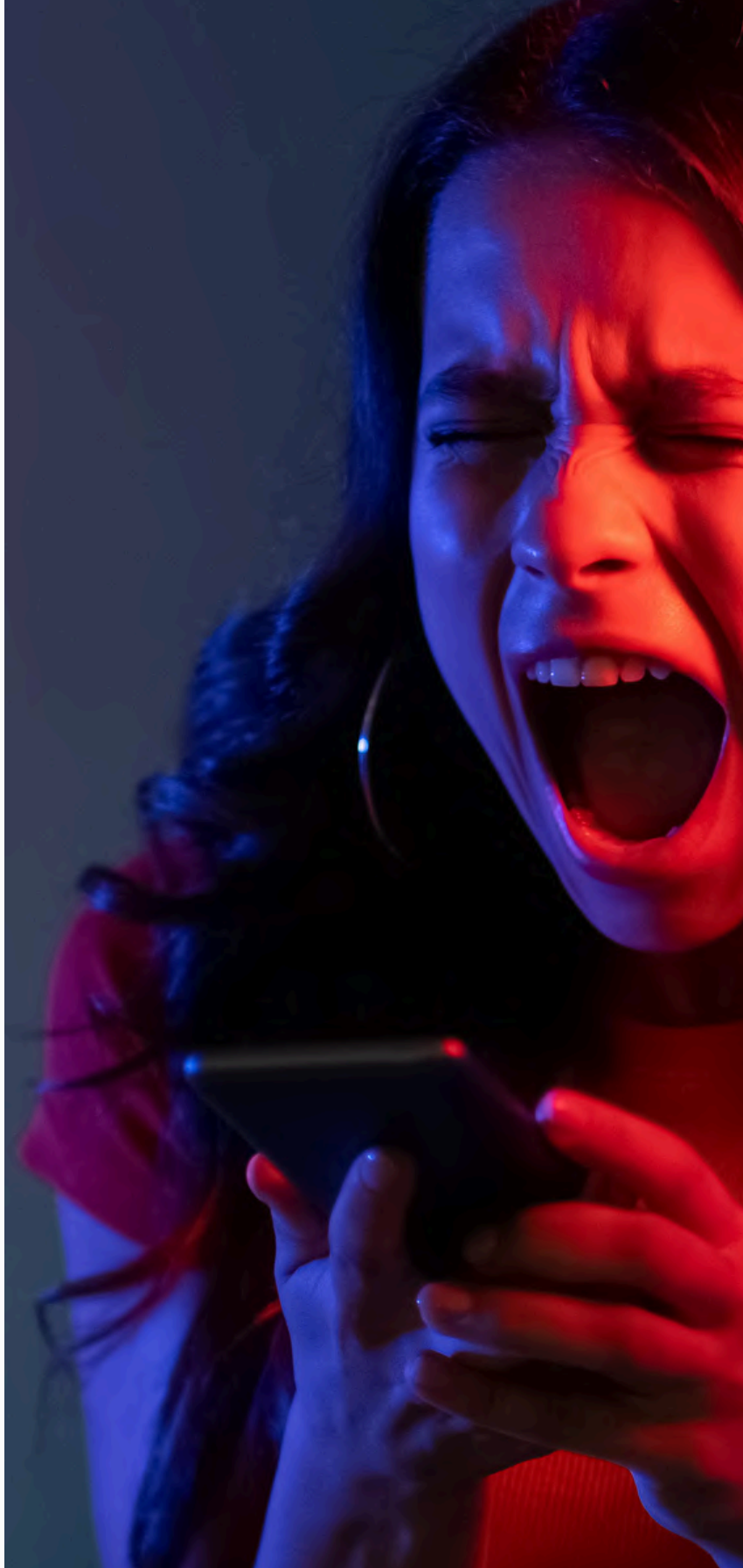
Question 4: B

Question 5: D





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