

# PARENT PACK:

## EXTRA RESOURCES TO BROWSE

### SOME BASICS FOR PARENTS

#### WHERE BRAIN MEETS BODY:

Many teens and pre-teens are so exposed online, they are consumed by their social lives and games online. It means, at this relentless pace of consumption, they barely take the time to check in with thoughts and feelings. Self-reflection helps with awareness and acceptance of the actions we take. It can also lead to better self-regulation. But if we are too lost in our digital environment, many fail to connect to feeling, or catch their thoughts, meaning they are swept away by emotions. It is this trigger happy, reactive environment that causes many problems in schools.

What's our point? Ask three very simple questions all the time with regard to online issues:

1. What do you feel (inside) with regard to what happened?
2. What were/are you thinking?
3. Have you considered the impact on the other and how it might harm them in some way?

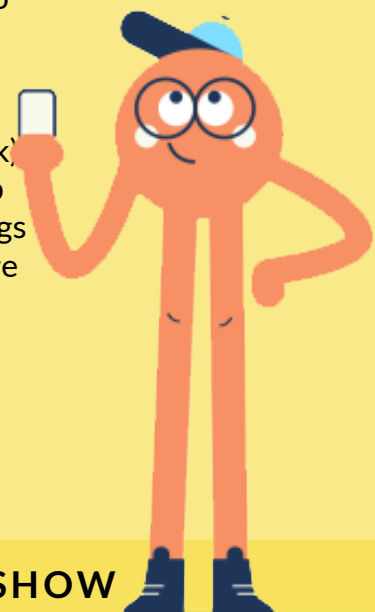
If you can't connect to the find that our thoughts trigger feelings, and our feelings trigger thoughts, then it's very difficult to take control of them.

#### THE ABC OF THINKING AGAIN

Teachers are well aware that it's useful (and rewarding) for kids to work it out themselves. But they need **practice**. Ideally we need them to practice the ability to:

1. Pause and re-think another approach
2. Ask more questions about the situation or person
3. Ask how a particular situation might end up if they choose to respond badly
4. Look at a situation from a completely different angle

To do this, it's great to unpack a real (or imagined scenario is also ok) in which a child shares a difficult situation **online** where it ended up negatively for them. We need to get kids to work through how things could play out differently, and what it would take for them to ensure a different outcome. Ask them what questions they would need to ask to check their beliefs about what they had seen or read - could there be any other reason for why they had reacted in this way, or why somebody had put this video or text out there on messaging, social media? They need to see the **A**ntecedent that triggers them, their **B**ehaviour (response), and the **C**hoices they make (ABC!)



**HELPFUL LINKS TO AWESOME VIDEOS TO SHOW  
THE CLASS, ON THE NEXT PAGE >>**

# EXERCISES AND HELPFUL LINKS!

**(Audio Guide): MySocialLife's Dummies Guide to Snapchat**

<https://www.capetalk.co.za/podcasts/127/lunch-with-pippa-hudson/608372/family-matters-dummies-guide-to-snapchat>

**(Audio Guide): MySocialLife's Dummies Guide to TikTok**

<https://www.capetalk.co.za/podcasts/127/lunch-with-pippa-hudson/596624/family-matters-dummies-guide-to-tik-tok>

**(Resource for Gamers): A guide to Discord -**

<https://www.commonsemmedia.org/app-reviews/discord>

**(Resource): Find an app via this website and check its reviews:**

<https://www.commonsemmedia.org/reviews>

**(Video): Ask you students, who are you on social media?**

<https://www.youtube.com/watch?v=cLFMBT1Ayls>

**(Video): Access a superpower. Why do we need to exercise mindfulness when we're online?** <https://www.youtube.com/watch?v=w6T02g5hnT4>

**(Video) Why do we not pay attention to the mistakes we make?**

- <https://www.youtube.com/watch?v=vQxTUQhVbg4>

**(Article) Understanding 10 types of cyberbullying:**

<https://blog.securly.com/2018/10/04/the-10-types-of-cyberbullying/>

**(Video) In instances of cyberbullying,** to see something from someone else's perspective requires empathy. You don't always know what someone else is going through. Link here: [Empathy can change the world](#)

**(Tool): How to check if an image is fake online: Reverse Image Search**

<https://www.youtube.com/watch?v=opc7aMJszng>

**(Video) Fake News, taught by a teen on TEDx:**

<https://www.youtube.com/watch?v=YDxGZIW8Z74>

Some good books for (interested) [Teachers](#) to read:

- **Gaming: Go Play Inside** by Gareth Woods
- **Online addiction and obsession: Irresistible** by Adam Alter
- **Raising Humans in a Digital World**, by Diana Graber
- **Emma Sadleir: Selfies, Sexts and Smartphones**

Some powerful movies for [Teachers](#) to watch:

- **Movie about the impact of social media:** Netflix's The Social Dilemma
- **Movie on algorithms and influence:** Netflix's The Great Hack
- **Movie on 'being yourself' as a teen:** 8th Grade (Trailer here: [https://www.youtube.com/watch?v=y8IFgF\\_ljPw](https://www.youtube.com/watch?v=y8IFgF_ljPw))