

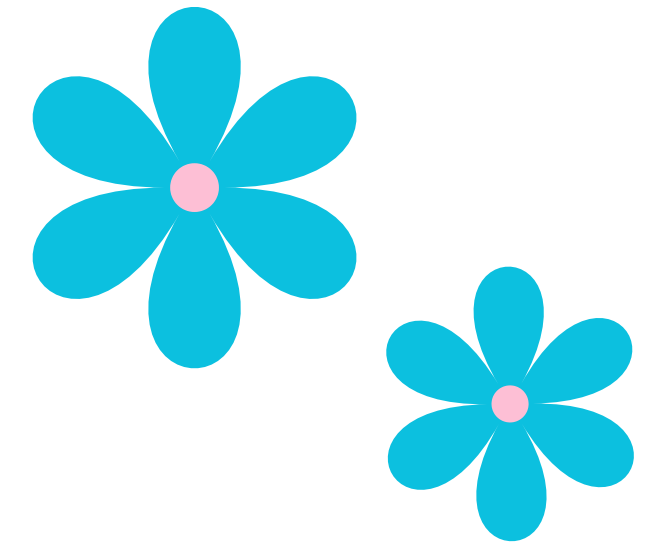
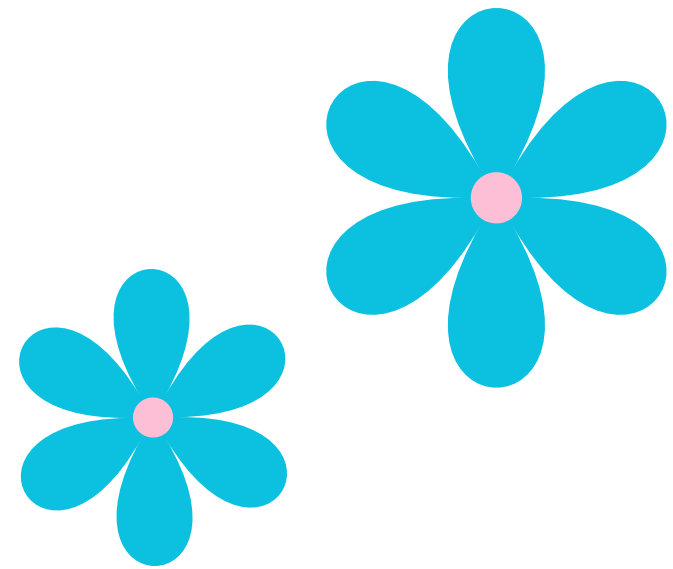


**Session three:  
Social Media Awareness  
and  
Disaster Preparedness**



**11 AM TO 12 PM**





# Hourly Agenda

11 am - 12: pm

# SESSION AGENDA

## 9–10am

- Life Skills
- Objectives
  - Participants define life skills from the perspective of the K–8 student
  - List, and understand each of the ten core life skills as defined by UNICEF
  - Unwrap the three main components of life skills
  - Use scenarios to determine effective teaching of life skills

## 10–11 am

- Suicide Prevention
- Objectives
  - Understand terminology for different age ranges to address self harm
  - Recognize causes
  - Assess risk
  - Identify warning signs
  - Learn preventative measures
  - Provide health grief after a suicidal event
  - Use scenarios to help participants provide appropriate reaction and how to report

## 11–11:30

- Social Media Awareness
- Objectives
  - Participants will examine steps to build social media awareness among students
  - Understand the correlation between social media and mental wellbeing

## 11:31–11:55

- Disaster, Fire and Safety Training
- Objectives
  - Participants will review general safety features for disaster, and fire
  - Participants will respond to scenarios for any disaster: earthquake, fire, flood, intruder

## 11:55–12:00

- Evaluation
- Objectives
  - Participants will evaluate the effectiveness, relevance, and timeliness of the sessions and make recommendations for future training.



# Objectives

- Participants will examine tips to build social media awareness and digital wellness among students
- Demonstrate knowledge of how to recognize whether students are developed in the areas of social-emotional skills expressed through digital interaction.
- Correct and guide students' development of strong social-emotional skills when interacting with social media
- Understand the correlation between cyberbullying and mental health
- Review general safety features for disaster and fire
- Respond to scenarios for cyber activities and disaster preparedness:



# Cyber Safety Social Media

## Cyber safety

The practice of protecting children or students when they interact with the internet, digital devices, online platforms, and social media platforms

- S

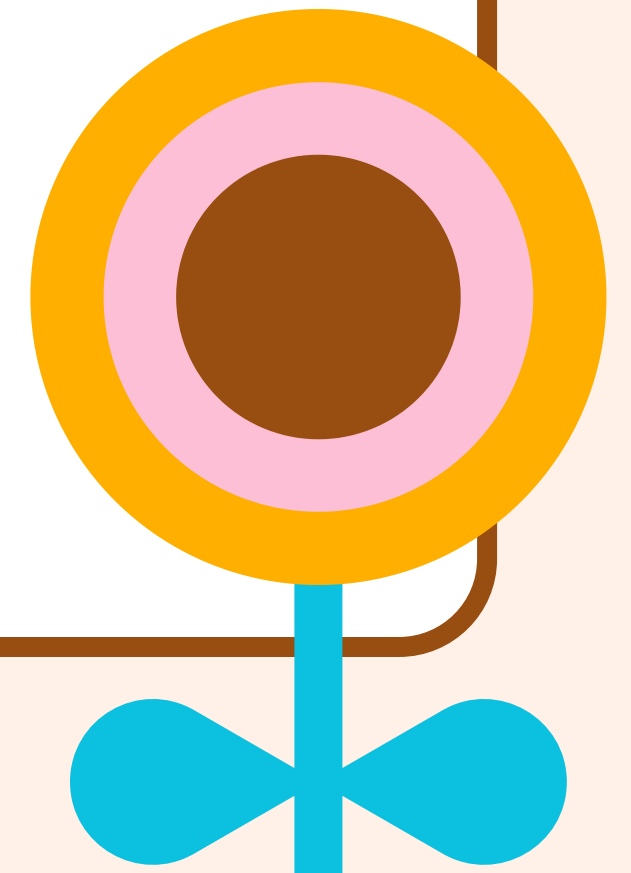
# Activity

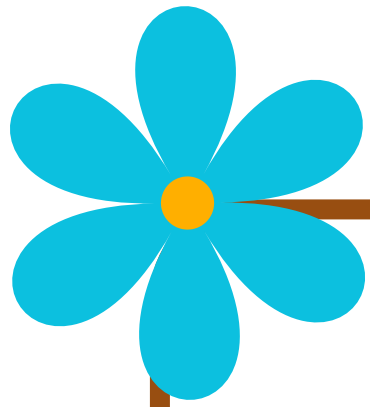


Quick write:

Are you aware of the laws that protect children online?

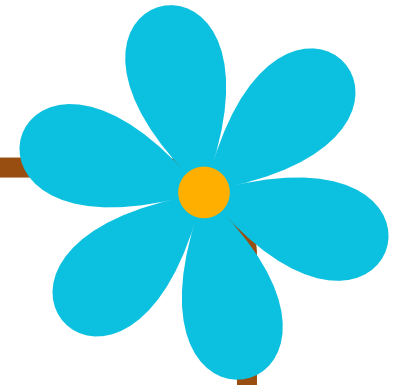
Let us discuss the two most dynamic laws  
COPPA and KOSA





## **COPPA**

- 1998 to Protect children from online companies collecting personal information from users under 17
- 
- Before social media sites like Facebook, Instagram, Tick-Tock and before the iPhone



## **KOSA**

- KIDS Online Safety Act
- 2024 to protect kids from the harms of social media still pending but passed the senate (isolation, bullying, mental anxiety, suicide)
- Prohibiting kids under 13 from forming social media accounts seeks to protect 13-17 year olds (duty of care)
- Punish platforms that use algorithms to cause these students to harm themselves



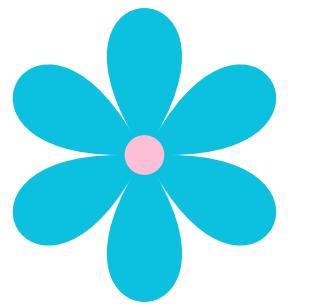
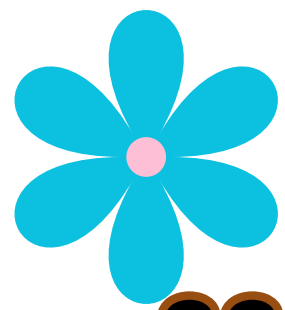
# Cyber Safety Social Media

## Emotional Skills and Cyber Safety

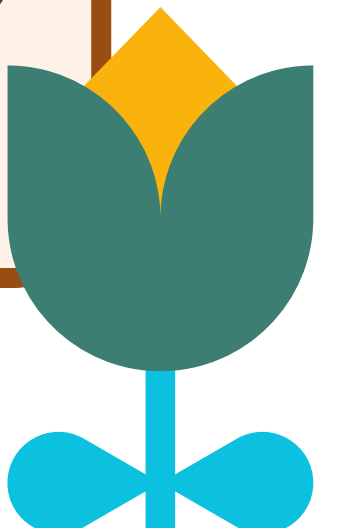
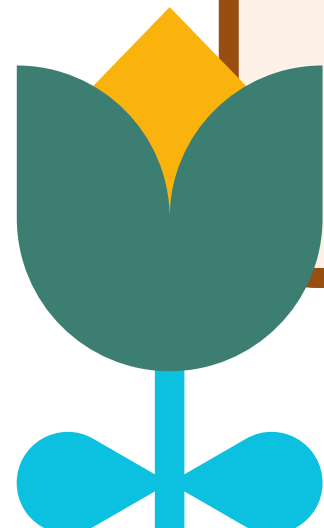
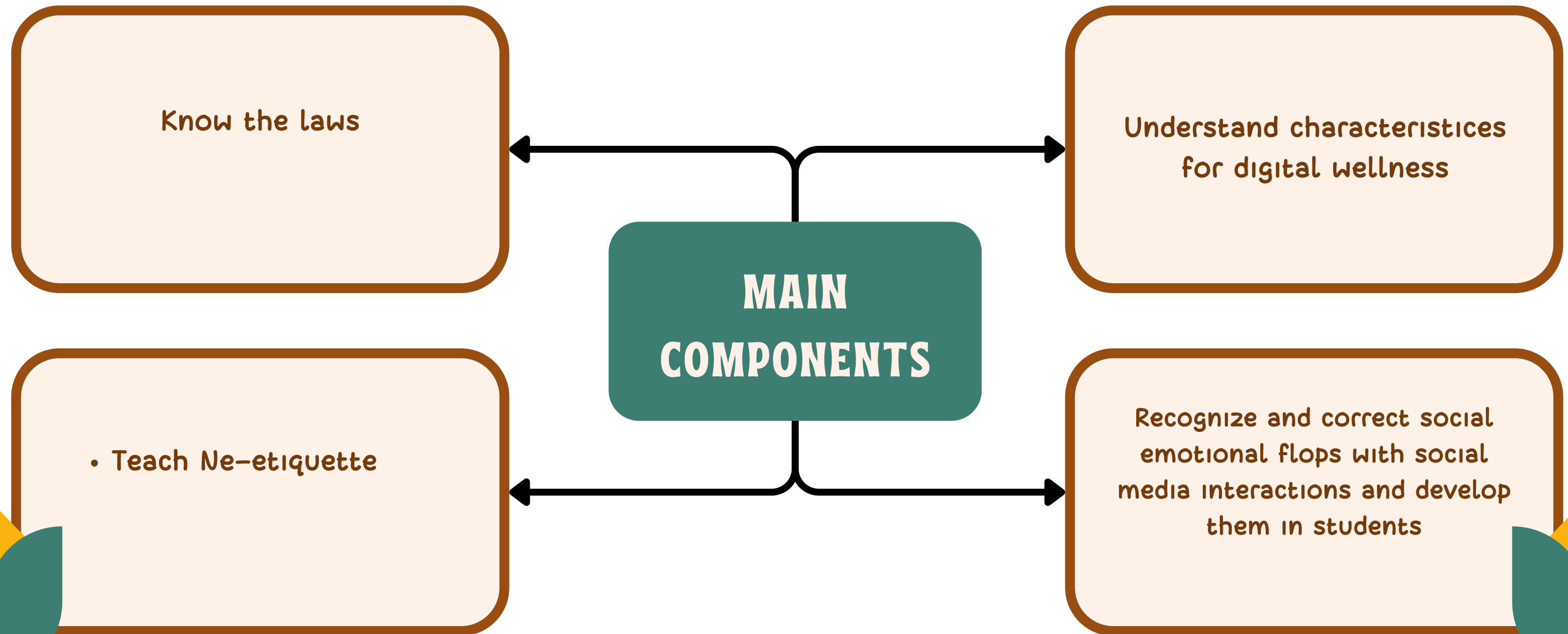
Students must be developed in these skills to prevent or handle the ills of cybersurfing

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making.





# How to build cyber safety awareness



## Some things to know

### Netiquete

- How we interact with others online
- Basic respect
- Sharing of personal information

### Digital Wellness

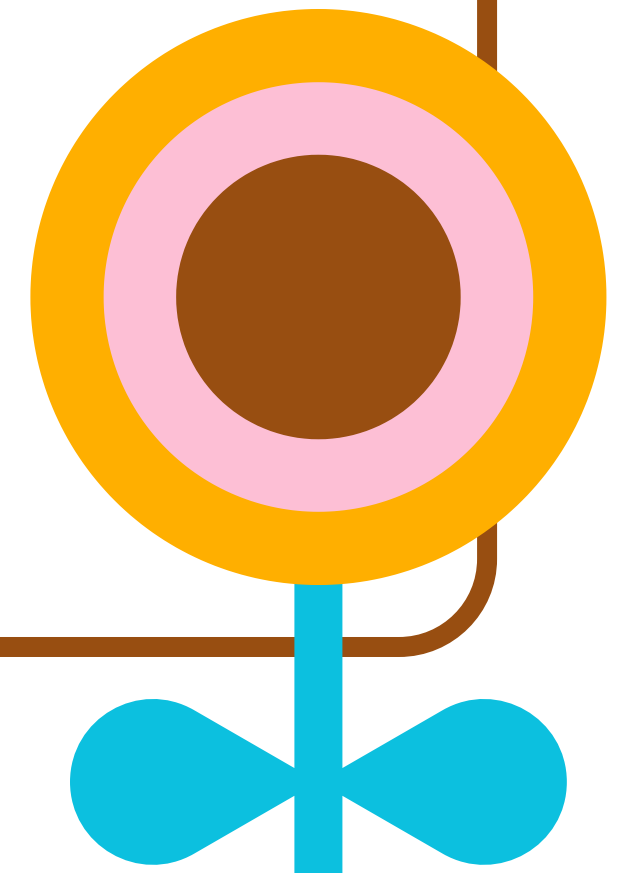
- Length of time on the internet
- Ability to manage time and stay focused
- Make good decisions about things that make them uncomfortable

### Social emotional

Developed or developed in each of the social emotional areas particularly self-awareness and responsible decision making

# How to teach or build awareness

- Teach age-appropriate cyber safety concepts like privacy settings, password safety and digital footprint for older students
- Include cyber safety in daily activities
- Include parents ( direct them to parental apps)
- Practice safe internet and social media use





# Disaster Preparedness

## What is a disaster

A sudden sudden extreme event that causes harm to people, property, the environment, and how we function as a community

"They disrupt daily life. They can cause injuries, and damage to buildings, bridges, and roads.

They can be natural or man-made

### Characteristics of disasters:

- Unpredictable
- Widespread
- Requires a response

•

# Why should we understand disasters?

## To Mitigate risks

If we prepare for hurricanes, we are more likely to protect life, property or reduce impact.

## To educate

We teach our communities about safety and how to prepare and bounce back after a disaster

## To plan for response and recovery

We understand how to provide help after a disaster. How to save lives and rebuild communities

# How to Prepare

## Make a Family Plan

1. Have a safe place in mind
2. Know the local emergency numbers
3. Set up a kit

## Build emergency kit

water, non-perishable food, flashlight, first aid kit, important documents, medicine

## Stay informed

Listen for directives from city officials  
follow instructions

# Teach Steps for various disasters

Review handouts on what to do during each disaster:

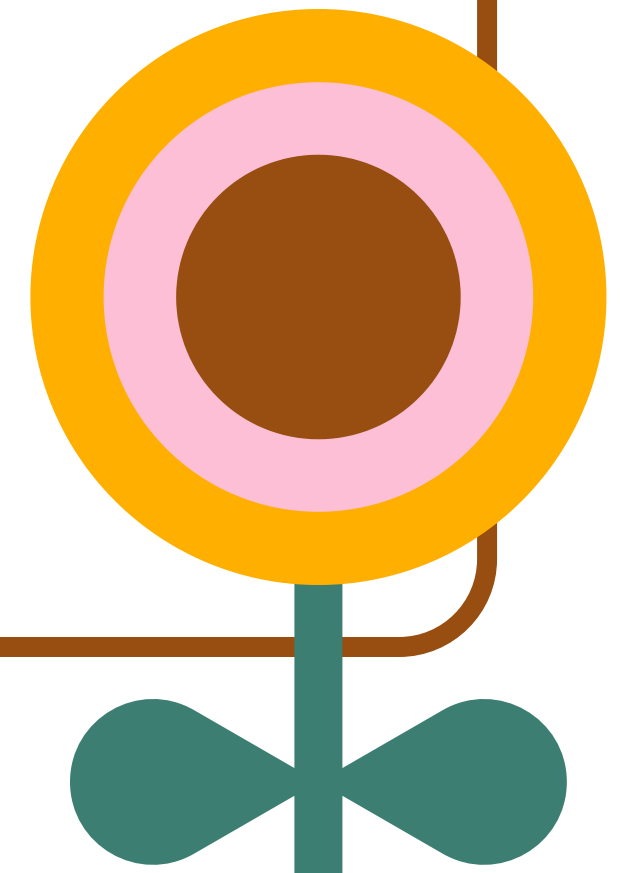
Hurricane, flood, fire, earthquake

Intruder

Review emergency codes:

Code colors and how students must respond.

Have students draw emergency routes.





# Thank you!

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10 am GMT