I AM not the MEdia’ss Cyber CITIZEN Series

SOCIAL MEDIA
DEMOCRACY + MENTAL HEALTH + SAFETY

A WORKSHOP SERIES FOR TEENS AND SOCIAL MEDIA

www.iamnotthemedia.org
FALL 2019 ACADEMIC SCHOOL YEAR

SPECIAL THANKS TO

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I AM not the MEdia’s Cyber CITIZEN Series

PARTNERSHIP WITH

NORTH CAROLINA HUMANITIES COUNCIL

ZEBULON B. VANCE HIGH SCHOOL
WEST CHARLOTTE HIGH SCHOOL
WEST MECKLENBURG HIGH SCHOOL

FALL 2019 ACADEMIC SCHOOL YEAR
Our mission is to empower teens and young adults to become conscious viewers of the media, critical decision makers, and to embrace their individuality and uniqueness through media literacy and media creation.

I AM not the Media, Inc. is a 501c3 nonprofit organization that teaches media literacy and media creation through outreach programming. Since incorporation in May 2011, the organization has served over 8,000 teens and young adults in North Carolina and South Carolina. The outreach program curriculum serves as preventative education and has six focuses that are known as our Program Channels, which are identified through research as the areas where teens are highly influenced by the media. Our five Program Channels are: 1) Body Image & Stereotypes 2) Teens & Healthy Relationships 3) Bullying & Teen Violence 4) Social Media Health & Safety 5) Teens as Consumers. The outreach program curriculum is comprised of 15 workshops that can be requested by teen groups and organizations.
Founded in 1972, the North Carolina Humanities Council is a statewide nonprofit and affiliate of the National Endowment for the Humanities dedicated to exploring and celebrating our state’s heritage, history and people.

Mission
The North Carolina Humanities Council serves as an advocate for lifelong learning and thoughtful dialogue about all facets of human life. We facilitate the exploration and celebration of the many voices and stories of North Carolina’s cultures and heritage.

Through our programs we seek to cultivate informed and active citizenship as an outgrowth of new awareness of self and community.

Vision
The North Carolina Humanities Council envisions people who explore their personal and collective stories asking fundamental questions about identity, work, and culture; learning to value others’ stories and perspectives; and transforming their lives and communities through new reflections and new visions.
THE Cyber CITIZEN Series
SOCIAL MEDIA & MENTAL HEALTH WITH TEENS
STARTING FALL 2018!

SESSION ONE
SOCIAL MEDIA’S INFLUENCE ON MENTAL HEALTH
An interactive session that introduces teens to learn about internet addictions, social media anxiety and depression.

SESSION TWO
SOCIAL MEDIA SAFETY AND CYBERBULLYING
Teens will learn social media do’s and don’ts that guide them in navigating the digital world to become positive digital citizens.

SESSION THREE
SOCIAL MEDIA DEMOCRACY
Teens will learn how to become digital citizens in the online environment, how to determine fake news and learn how to report inaccurate information online.

SESSION FOUR
TEST YOUR KNOWLEDGE!
Teens will take post assessments that gauge the knowledge acquired from this workshop series regarding cyber health, social media branding.

SESSION FIVE
DEVELOPING YOUR PHOTO CAMPAIGN
This session will teach teens how to develop a photo campaign that will educate their peers and the community on applied knowledge.

SESSION SIX
PHOTO CAMPAIGN SHOOT
Teens will work in teams to develop a photo campaign project with a professional photographer and community professionals.
WHAT TO DO?

1. Minimize Screen Time (1hr)
2. Create A No Social Media Day
3. Social Media Detox (1 Week or 1 Month)
4. Remove Apps From Phone
5. STOP COMPARING!
6. Leave Your Phone at Home sometimes or in your locker for at least an hour a day.
SOCIAL MEDIA SAFETY TIPS

1. Never post your personal information!

Such as a cell phone number, home number, home address, or your location on any social networking site or through mobile apps like Snapchat or Instagram.

2. Never meet in person with anyone you first “met” on the internet.

If someone asks to meet you, tell your parents or guardian right away. Some people may not be who they say they are.

3. Be very cautious when posting pictures!

Check with your parents before you post pictures of yourself or others online. Do not post inappropriate pictures of yourself or anyone else.
SESSION TWO

SOCIAL MEDIA SAFETY
"THE DO’S & DON’TS"

SOCIAL MEDIA SAFETY TIPS

4. Don’t respond and delete inappropriate content.

Delete any unwanted messages. You may need to delete friends who continuously bother you, tag you or post things that are not appropriate.

5. NEVER share your password with anyone.

Including your best friend... The only people who should know your password are your parents or guardian.

6. Be careful when downloading!

Do not download or install software or anything on your computer or cell phone before checking with your parents or guardian.
SOCIAL MEDIA SAFETY TIPS

7. Use Privacy Settings

Use the privacy settings of social networking sites and verify that your information is private through search engines.

8. Get Help or Seek Advice

If anything makes you feel uncomfortable online, while gaming or when using your cell phone, talk with your parents, guardian or a trusted adult right away.

9. Do not text, share, like, or post nudity or inappropriate photographs

This is ILLEGAL and you can be charged for with criminal charges. If you receive inappropriate content, immediately delete and report.

10. DO NOT ENGAGE AND REPORT CYBERBULLYING!
HOW TO DETECT FAKE NEWS

The Headline: Reactive/Shocking

Ask Yourself: Does this make me want to react?

The Source: Unknown/Not Credible

Ask Yourself: Is this a reliable media source? Who made this and why?

Resources to Check Fake News

FACTCHECK.ORG
Snopes.com
NEWS THAT AMUSE... CAN CONFUSE AND ABUSE! 

#FakeNews

The Fake Times
A 3 HEADED SEA CREATURE SPOTTED!

CONGRESSIONAL CANDIDATE YORYELI HAS ONLY 6 FINGERS!

Cyber CITIZEN Series

I AM MEDIA

AVID
THE TRUE FIGHT

CYBER BULLYING IS AGAINST

#BecomeAn Advocate
DON'T PUSH PAIN UNSEEN...

Son You Are A Complete IDIOT! How Could You Be So STUPID?

What did you post?

Joey is a STUPID IDIOT! LOL 😂

THROUGH THE SCREEN!

#StopCyberbullying
CYBERBULLYING FEELS LIKE...

YOU ARE ALONE WITH NO ESCAPE

#StopCyberbullying
BEHIND THE POSE...

BEYOND THE POST...

MAY BE ANOTHER TRUTH!
#SocialMediaIdentity
ALWAYS REPORT CYBERBULLYING...

BEFORE IT’S TOO LATE!

#CyberbullyingTakesLives
YOU NEVER KNOW WHAT SOMEONE'S THINKING...

#StopCyberbullying
BULLYING?

DON'T HIDE

TRUTH?
SHOWED YOUR

WHAT IF YOUR PROFILE

SHAMEFUL SHANNON

SAD SAMA

She's so pathetic.
Her clothes are so ugly.
And she can't dress.

and she can't dress.
#DeviceAddictions

TIME TO RECHARGE?