

# Media Literacy is Power!

May 10, 2023 10am-11:30am PT



## **Host**

[Amanda Gaston](#)

## **Guest Speakers**

[Amanda Gaston, MAT](#)

[Stephanie Craig Rushing, MPH, PhD](#)

[Jane Manthei](#)

[Taylor Dean](#)

## **Objectives**

1. **Examine** technology user rates and developmentally appropriate screen time recommendations
2. **Identify** strategies for avoiding tech battles and activating parental controls
3. **Select** media literacy and digital citizenship lesson plans, resources, and professional development trainings

## **Resources**

[Digital Learning Agreement](#)

**Examine** technology user rates and developmentally appropriate screen time recommendations

- [CDC Youth Screen Time Survey](#)
- [Screen Time for Kids Infographic Poster](#)
- [Free Lesson Plan: "Do algorithms influence our lives and our democracy?" | Common Sense Media](#)
- ["Psychologists Issue Health Advisory for Teens and Social Media" | NPR](#)

**Identify** strategies for avoiding tech battles and activating parental controls

- [Family Media Plan | American Academy of Pediatrics](#)
- [Family Media Agreement | Common Sense Media](#)

**Take** a wellness break

- [Breathing Exercises | Headspace](#)

**Select** media literacy and digital citizenship lesson plans, resources, and professional development trainings

- [Lesson plan: "A Creator's Rights and Responsibilities" | Common Sense Media](#)
- [Lesson plan: WeRNative and Media Literacy | Healthy Native Youth](#)
- [Keep Your Students \(and Yourself\) Safe on Social Media: A Checklist Infographic | Common Sense Media](#)
- [Free Privacy and Security Training \(requires creating an account\) | Common Sense Media](#)
- [Free Digital Citizenship Curriculum | Common Sense Media](#)
- [Lesson Plan: Teaching Digital Citizenship to Students Who Learn and Think Differently | Common Sense Media](#)

### **Speaker Resources**

- [Healthy Native Youth](#)
- [Common Sense Media Education](#)
- [Media Literacy is Power! Presentation Recording | Youtube](#)

### **Stay connected**

- [Upcoming Community of Practice Sessions](#)
- [Previous Community of Practice Sessions, Recordings, and Handouts](#)
- [Request Technical Assistance](#)

Chat feed (names and emails have been removed)

10:06 From Beaver: Good Morning, is anybody else having trouble hearing the speakers. I have my volume turned all the way up and I can barely hear the speakers.

10:07 From Laura: No speaker problem here.

10:07 From Josephine: I can hear them good

10:07 From Darline: I can hear just fine!

10:07 From Melanee: It is fine for me.

10:07 From Beaver: Problem solved...I had my headphones plugged in, gaw!!

10:07 From Kelly: hello I am in office today and I do not have a webcam or mic so I will be communicating via chat

10:07 From Katie: Katie, She/her

10:07 From Becki: Becki, Dine, Native Community Health Network @ Planned Parenthood of Rocky Mountains, ABQ, NM

10:07 From Cindy: Good morning everyone Cindy CAC Dillingham Alaska

10:07 From Chelsea: Chelsea (she/her/hers), Upper Peninsula Health Plan, Michigan

10:07 From Samantha: Samantha, currently occupying Nisqually lands; she/her, from DCYF in WA.

10:08 From Susan: Susan: Tribal Education Ocosta School District Shoalwater Bay

10:08 From ShaQuilla: Good morning/Ya'at'eeh abini. I am ShaQuilla, Planner with Navajo Nation Division of Behavioral & Mental Health Services in Window Rock, AZ.

10:08 From Gary: Gary (Kalapuya, Chinook, Nakota) Title VI Program Coordinator BSD. I look forward to learning how media has impact the wellbeing of our students.

10:08 From Kandice: Kandice School Nurse/SBHC Coordinator, Navajo Prep, Farmington NM

10:08 From Jennifer: Jennifer, Quinault Indian Nation, Boys and Girls Club, Taholah, WA

10:08 From Martha: Hi everyone, Martha, United Way of North Central NM, she/her. I'm hoping to learn and receive resources that we can share with our community partners who work with youth.

10:08 From Jane Manthei: All of the resources we share today will be sent out after the presentation, including the links in the chat and a video recording

10:08 From Jade: Aanii/boozhoo! My name is Jade. I am with the Little Traverse Bay Bands of Odawa Indians in Michigan. I work in youth prevention.

10:08 From Melissa - KPHD: Hi! My name is Melissa and I'm the communications specialist for Kitsap Public Health District. I too will be communicating via chat. My pronouns are she/her. We occupy Suquamish and Port Gamble S'Klallam land.

10:08 From Trevor (He/Him): Trevor (He/Him), Dine, Native Community Health Network, Albuquerque NM

10:08 From Steven: Steven, Hanaadli Community School/Dormitory

10:08 From Sabrina: Ramon Pascua Yaqui Tribe

10:08 From Jane Manthei: Digital Learning Agreements:

[https://docs.google.com/document/d/15od\\_aYkTTQMZfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit)

10:08 From Frank: Frank (Koyukon Athabascan and Isleta Pueblo). Cultural Program Coordinator, Tanana Chiefs Conference. Fairbanks, Alaska.

10:08 From Michelle Singer: Michelle Singer (she/her | Navajo), Healthy Native Youth Project Manager at Northwest Portland Area Indian Health Board - [msinger@npaihb.org](mailto:msinger@npaihb.org)

10:09 From Victor: Victor (Nahua, Costa Sierra Michoacán, Mexico) Pukuu Cultural Community Services, Case Manager youth diversion. Los Angeles county

10:09 From April, Viejas Band of Kumeyaay, she/her: Project Coordinator, Yaytaanak Wellness Center, Viejas Band of Kumeyaay Indians, Alpine, CA

10:09 From Kristin: Kristin she/her site project coordinator for Owens valley career development center in Tulare county California

10:09 From Brandy: Brandy (she, Her), Swinomish Indian Tribal Community (SITC), Mental Health Grants Manager. I would love everything about this session.

10:10 From Brian (he, him) AzDHS: Brian he, him Az Dept. of Health; I'm here to listen to the strengths that Indigenous youth bring to move change

10:10 From Kelly: Kelly (Navajo/Acoma Pueblo) Native Youth Coordinator Inter Tribal Council of Arizona Phoenix, AZ

10:10 From Thong: Tom, He/Him, Therapist at Kwawachee Counseling Center for Puyallup Tribal Health Authority

10:10 From Paula: Paula, (she/her) Academic Support/Boys and Girls Club for Quinault Indian Nation

10:10 From Doug: Doug, CTCLUSI (Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians) Tribal Council in Florence Oregon!

10:10 From Gwenda: Ya'at'teeh. Gwenda with the Inter Tribal Council of Arizona, Inc.

10:11 From Katie: Katie she/her - Salt River Pima (Onk Akimel O'odham) Maricopa (Xalychidom Piipaash) Indian Community - Social Services

10:12 From Jane Manthei: Mentimeter activity link:

<https://www.menti.com/alau8m6gh9f4>

## Mentimeter Questions

1. What are the issues that you are facing with your youth in regards to digital media?
2. What are some of the solutions you have found to deal with these issues?

10:12 From Taylor Dean: Hi everyone, my name Taylor Dean, they/them, Puyallup tribe. I apologize if you can hear some background noise while I present, there is some yard work going on outside my window.

10:13 From Jane Manthei: Code: 52 33 64 7

10:13 From Shonta: Howkah and Hello everyone. Shonta Nechewi enya Kumeyaay Ipai. San Pasqual Kopai. I am the Program Coordinator for the San Pasqual Education Department.

10:13 From Carly: Predators 😞

10:14 From Alana: Hello All, Alana, non-Indigenous ally of mixed (mostly Scottish/Irish) descent; Violence Prevention & Response Consultant working with Restoring Ancestral Winds - Tribal DV/SA Coalition serving Tribes in and around the Great Basin Area/Utah; always looking for culturally relevant ways to support Native advocates/youth with connecting to community and culture

10:15 From Shonta: Having they're school work on there devices and not knowing if they are playing games and not their work in big groups. Also balancing.

10:19 Taylor Dean replying to "Having they're schoo..."

I saw this a lot, we provided tablets for our students where I taught and teachers would assign all their assignment on it. But it would encourage them to use it for games, youtube, online shopping ect. I much preferred using pencil and paper for assignments

10:18 From Jane Manthei:

Youth screen time survey:

<https://www.cdc.gov/mmwr/volumes/71/wr/mm7103a6.htm>

10:26 From Jane Manthei:

Screen time recommendation poster:

[https://www.osfhealthcare.org/blog/wp-content/uploads/2021/12/Screen-Time-for-Kids\\_Infographic\\_FIN.png](https://www.osfhealthcare.org/blog/wp-content/uploads/2021/12/Screen-Time-for-Kids_Infographic_FIN.png)

10:28 From Jane Manthei:

Free lesson plans about how algorithms influence our lives:

<https://www.common sense.org/education/articles/do-algorithms-influence-our-lives-and-our-democracy>

10:30 From Becki: Doom scrolling

10:30 From Amanda Gaston (she/her): Yes! When I've redirected my 7 year old...he was like "I didn't even click on this!"

10:30 From Thomas: It's like casinos with no clocks

10:30 Jane Manthei replying to "It's like casinos wi..."

It really is. It reminds me of slot machines

10:30 From Thong:

I was told Facebook is for old people, which was good information but also, slightly hurtful

10:31 From Taylor Dean replying to "I was told Facebook ..."

awh yea our youth like TikTok

10:35 From Amanda Gaston (she/her):

Family Media Plans:

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

[www.common sense media.org/sites/default/files/featured-content/files/common\\_sense\\_family\\_media\\_agreement.pdf](http://www.common sense media.org/sites/default/files/featured-content/files/common_sense_family_media_agreement.pdf)

10:42 From Frank: I wonder who all here is on their phones during this informative CoP? Hahaha.

10:42 From Jane Manthei replying to "I wonder who all her..."

I started using some of these strategies for myself ... it's humbling

10:43 From Jane Manthei:

Breathing exercises:

<https://www.headspace.com/meditation/breathing-exercises>

10:43 From Michelle Singer: The motto: "It's progress, not perfection" in attempting to model this behavior as adults as well as youth too. A first step is all it takes and a willingness. See how it feels and proceed.

10:43 From Taylor Dean: it also boggles my mind when parents use their children for TikTok content, its very important to be mindful when you post images or videos of your children online of who might be seeing them

10:44 From Jane Manthei: Again, all of these resources will be shared after the presentation so you can explore them more fully in your own time

10:44 From Becki: Kids aspire to be social media influencers, it's rotting all our minds. I speak for myself too! haha

10:44 From Melissa - KPHD: Ok but who else needed that lol

10:47 From Jane Manthei:

<https://www.commonsense.org/education>

10:47 From Becki: Do ya'll provide this presentation for parents/care providers?

10:47 From Jane Manthei replying to "Do ya'll provide thi..."

We host it on YouTube and on the Healthy Native Youth website for anyone interested!

10:48 From Becki: replying to "Do ya'll provide thi..."

Can an organization request this presentation?

10:49 From Jane Manthei replying to "Do ya'll provide thi..."

Yes! Use this link: [https://www.healthynativeyouth.org/training\\_feedback/](https://www.healthynativeyouth.org/training_feedback/)

10:50 From Jane Manthei replying to "Do ya'll provide thi..."

Wrong link, sorry! Use this one to make requests: <https://www.healthynativeyouth.org/request>

10:47 From Frank: Interesting domain name- as we learn that "common sense" is a myth.

10:48 From Jane Manthei:

Intellectual Property: <https://www.commonsense.org/education/digital-citizenship/lesson/a-creators-rights-and-responsibilities>

10:49 From Michelle Singer: Yes, this recording and materials are free on the Healthy Native Youth website Resources Library. It is good to show in group settings if you wish.

10:50 From Michelle Singer: This CoP as well as all of our recorded sessions with presentation slide deck and additional materials can be found here: [https://www.healthynativeyouth.org/resources-search/?\\_sft\\_resource\\_audience=community-of-practice-presentations](https://www.healthynativeyouth.org/resources-search/?_sft_resource_audience=community-of-practice-presentations)

10:51 From Jane Manthei:

Privacy & Security Free Training: <https://www.commonsense.org/education/training/privacy>

10:55 From Michelle Singer:

<https://www.npr.org/sections/health-shots/2023/05/09/1174838633/psychologists-issue-health-advisory-for-teens-and-social-media>

10:56 From Jane Manthei:

Teaching Digital Citizenship to Students Who Learn and Think Differently:  
<https://www.commonsense.org/education/articles/teaching-digital-citizenship-to-kids-with-learning-and-attention-issues>

Keep Your Students (and Yourself) Safe on Social Media: A Checklist Infographic:

<https://www.commonsense.org/system/files/pdf/2022-08/2022socialmediaprivacyinfographic-final.pdf>

10:57 From Jane Manthei:

WeRNative media literacy lesson plan:

<https://www.healthynativeyouth.org/wp-content/uploads/2022/02/Media-Literacy-WRN.pdf>

10:59 From Amrita: Thank you for this presentation! I have another meeting to jump into, loved this session 😊 Have a great day everyone!

10:59 From Brian (he, him) AzDHS: Great resources, thank you!

11:01 From Sabrina: 🙌👏

11:01 From Susan: Thank you so much for all of these great resources!

11:01 From Gary: 🙌👏

11:01 From Victor: THANK YOU for all the information and resources. Much appreciated.

11:01 From Martha: Thank you all for the information & resources!

11:01 From Dianne: Great stuff! Thank you!

11:02 From Karimme: Thanks for all the information I feel more prepared to talk to families about this topic.

11:02 From Chelsea: We all know it's important but I want to drive home to the point further. We live in a town of maybe about 60,000 in Upper Michigan. A 17 year old completed suicide last year due to being sextorted via social media. <3 <https://meaww.com/jordan-de-may-death-three-men-charged-in-michigan-sextortion-plot-that-led-to-teen-killing-himself>

11:04 From Taylor Dean: Replying to "We all know it's imp..."

wow I did not know about this

11:04 From Chelsea: Replying to "We all know it's imp..."

They're working on 100 more cases related to the same men. Very scary and heartbreaking.

11:02 From Maria: awe I missed it. I will have to watch the recording next time when posted. I got the wrong time on my calendar 😞

11:03 From Taylor Dean: Replying to "awe I missed it. I w..."

shoot! I think we are releasing the recording on Sunday

11:04 From Maria: Replying to "awe I missed it. I w..."

ok I will keep on the look out. cuz I really wanted to be here

11:05 From Taylor Dean: Replying to "awe I missed it. I w..."

we will announce on Healthy Native Youth's social media pages and I think we are sending out a text reminder when it is available



11:05 From Maria: Replying to "awe I missed it. I w..."

ok thank you

11:03 From Thong: Just waiting for the Bluey online device episode

11:04 From Katie: Replying to "Just waiting for the..."

Its Season 1, Episode 12 - Bob Bilby!

11:03 From Kelly: Now the youth are able to make their web settings private

11:03 From Kelly: and invisible

11:03 From Kelly: I think its called Incognito

11:04 From Becki: YEP!

11:05 From Frank: Thank you! Look forward to next CoP! Take care, all! See you later! 😎

11:06 From Stephanie: Excellent work in advancing indigenous knowledge in the areas of science and longterm impact on the psychology affects on indigenous peoples

11:06 From Laura: Good 2020 survey info. think it would be a bit more different now ending the covid period? another survey coming?

11:06 From Kelly: I love that ElderMillennial

11:08 From Maria: can I have some of the resources that were shared that I can look through on my own time, since I missed out, if possible? I got a soon to be 14 year old and wanna make sure I keep up to date with keeping her safe through the media.

11:08 From Taylor Dean: Replying to "can I have some of t..."

yes so we will share the slide show which has links for parents at the end

11:08 From Michelle Singer: We will follow up with an email to all registrants but also will post the recording with presentation materials on the HNY website to view and to read at your leisure. Stay tuned...

11:09 From Cindy: Thank you Becki well said! and for all you do!

11:09 From Maria: ok thank you again

11:09 From Jane Manthei: It's really not something any one person can tackle alone - we all have to help out because it can be so tough!

11:09 From Melissa - KPHD: Twitter's user policies continue to change, too, so it's hard to know what they will do to protect children in the future

11:09 From Becki: Sugaring is also popular too

11:10 From Samantha: Twitter has been the worst in the past few years, and it's getting more relaxed on Twitter on hate speech/bullying (per the new CEO who said we have to have "open dialogue" on all issues)

11:11 From Melissa - KPHD: Can you guys offer tech help workshops at a local community gathering space? My grandma took a few locally and now she helps my cousin and her husband monitor phones when they're at her house

11:12 From Melissa - KPHD: Replying to "Can you guys offer t..."

When she watches their children\* Sorry. Need more caffeine.

11:12 From Taylor Dean: Replying to "Can you guys offer t..."

this is an wonderful idea!

11:11 From Frank: Scary times...! It's like we need to rely on our respective culture and traditions to endure!

11:12 From Jane Manthei: Intergenerational relationship building 

11:12 From Michelle Singer: I like to promote Talking is Power text messaging campaign <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/n> for Elders and adults.

11:13 From Taylor Dean: 100% agree Jane

11:13 From Michelle Singer: Many elders and adults are trying to learn how to approach youth today and be askable adults.

11:17 From Paula: Replying to "Many elders and adul..."

I work for a Boys and Girls Club, we recently were able to arrange an activity that allowed our youth to conduct an interview with available elders to speak on the past and present times, this was a really great experience that both the youth and Elder enjoyed.

11:17 From Taylor Dean: Replying to "Many elders and adul..."

wow that's so special and amazing

11:14 From Frank: I feel I need to go to Inipi now after learning how intensely scary and how so many of our youth are hurting now!

11:14 From Taylor Dean: especially if a youth's home life isn't giving them the acceptance they need..... its easy to get addicted to the phone

11:15 From Becki: You have to get off your phone and interact with your youth

11:15 From Laura: Good question and good discussion on Grandparents!

11:16 From Jane Manthei: Yes, thank you for bringing that up Katie!

11:16 From Cindy: and be prepared before taking that time away from the phone/tech ect.

11:17 From Victor: I believe The Social Dilemma on Netflix sheds a lot of light/how to understand how social media is used to manipulate our minds.

11:18 From Jane Manthei: Replying to "I believe The Social..."

That's a good resource and "Stolen Focus" by Johann Hari is another one that gets into how we're all having a much harder time paying attention nowadays. A lot of it is because of tech

11:17 From Melissa - KPHD: Michelle, our brains function the same 😊

11:18 From Becki: I miss flip phones! lol

11:19 From Jane Manthei: Replying to "I miss flip phones! ..."

having to hit the same button four times to type an "s"

11:20 From Becki: Replying to "I miss flip phones! ..."

Those were the days! And the super pixelated photos haha

11:19 From Taylor Dean: Elders as influencers love it <3

11:19 From Cindy: Love that Michelle!

11:21 From Melissa - KPHD: This reminds me of an assignment we had when I was younger where we had to go interview an older person we knew or didn't know. If we didn't know older people, we could go on a field trip to a local nursing home

11:22 From Michelle Singer: Paula, that is a good tribal public health summer youth internship for youth to work with elders & caring adults -- two way learning with technology

11:24 From Michelle Singer: Elders are always surprised what can be done with modern technology but also the youth feel empowered to do it in a good way. But, the youth can honor their elders and also for the purpose of cultural & tradition preservation -- recordings could be a part of the tribe's archive and community news.

11:24 From Melissa - KPHD: Sorry, even as a baby millennial I apparently can't fully use technology

11:25 From Steven: Thank you.

11:25 From Taylor Dean: I'm older gen z and I struggle too sometimes haha

11:25 From Melissa - KPHD: Replying to "I'm older gen z and ..."

Thank you, this makes me feel better

11:25 From Taylor Dean: Replying to "I'm older gen z and ..."

I struggled with tech during my interview for this job haha!

11:25 From Victor: THANK YOU ALL for your efforts to improve the world.

11:25 From Becki: Thank you!

11:25 From Taylor Dean: Awesome convo everyone!!!

11:25 From Jane Manthei: Yes, thank you all for sharing and thank you for joining us today!

11:25 From Melissa - KPHD: Thank you everyone!

11:25 From Trevor (He/Him): Thank you for the presentation! I appreciate all of the tools

11:26 From Alana: Thank you all for sharing your knowledge!

11:28 From Jocelyn: Thank you!

11:28 From Steven: Thank you for QR code.

11:28 From Brandy: Thank you!!!!

11:30 From Samantha: Thank you all! Helpful resources!

11:31 From Cindy: Thank you all!!!

11:31 From Katie: Thank you!

11:31 From Shonta: Thank you