

## Session Agenda: Create with Kindness Self-Paced Program

**Event Time:** Lecture, 15 min.; family activities, no time limit

**Target Audience:** Teenagers 13-18 and their parents/caregivers

Welcome ..... 2 min.

- Review session objective, purpose and format
- Temperature check

Social Media Overview..... 5 min.

- Why being online is important
- TikTok overview
- Why kindness matters

What Can Families Do? ..... 3 min.

- Support your teen online
- Consider parental controls
- Explore Family Pairing

Family Discussion/Activity ..... 2 min.

- Setting family rules for being online
- What would you do?

Keep the Conversation Going ..... 2 min.

- Overview of The Smart Talk

Closing..... 1 min.

- Complete and turn in evaluations