YOUTH FOR UNDERSTANDING
Intercultural Exchange Programs

Social Media
Students & Families

YFU Required Session

Orientation	Post-Arrival
Session Objectives	Students and families will be able to: ✓ Affirm their commitment to a successful exchange experience while applying YFU policies and procedures and connecting with the YFU network ✓ Use YFU tools and strategies that foster successful adjustment to a new culture and family ✓ Use YFU tools and strategies to welcome a new family member and foster successful family adjustment
Session Overview	This session is designed to help students and host families understand the impact of social media on the exchange experience by watching a series of videos focused on the dangers of inappropriate social media use and reacting to them. Students and host families may watch the videos on their phones by either typing the names of the videos (posted around the room) into their phones or by scanning the QR codes provided. If they wish to use the QR code scanning option, they must download a free QR scanner app (see instructions for this in the *Technology Notes* section). This is a good lesson for shy or limited language capability students. Note the following lesson icons throughout the session: ✓ - this indicates a take away point that should not be missed during the lesson • - this indicates a question that can be used to facilitate a conversation
Participants	☒ Students ☒ Host Parents ☐ Natural Parents ☐ Host Siblings
Format	☐ Highly Active / Interactive ☒ Discussion ☒ Some Activity / Interactivity ☒ Independent
Duration	35 minutes
Group Size	Any size
Minimum Staffing	1 lead facilitator with all other orientation volunteers present (Optional: invite local social media expert or host parent to facilitate this session)
Materials Needed	Tape; flipchart pages or post-it notes; pens; Gallery Walk handouts to post; Computer (optional), Sheets of paper with web addresses/QR codes (at end of session)

Preparation	Tape pieces of paper with QR codes/links to videos (at end of this session) around the room or in an outside hallway. Also tape a large flipchart page at each station.
Handouts for Participants	None

Introduction (5 MINUTES)

1. Ask the participants if they have ever heard the term "digital footprint." Ask them what comes to mind when they hear that term.

- Have the students and parents watch the following digital footprint intro video. If you do not have a computer/projector to show the video, students may type "What's in Your Digital Footprint" into YouTube: https://www.youtube.com/watch?v=4P_gj3oRn8s

2. Discuss the following points:

- After watching the video, how do you define a "digital footprint?"
- Once you post something online, can it ever be erased? (Be sure that students understand that the answer to this question is NO. Even if you delete a post, it is not gone forever. It could have already been saved by people and can be tracked down. This is why it is essential to think carefully before you post).
- Why do we need to talk about social media during this orientation?

✓ Conclude the opening discussion by saying: Social media has changed the exchange experience in the last 10 years, and each year brings new opportunities and potential pitfalls. This session is for families and students to talk together about how social media can impact the exchange experience and how to keep everyone safe.

Activity 1: Social Media Gallery Walk (20 MINUTES)

Preparation: Create a 'Social Media Gallery' by posting the social media topics (QR codes and YouTube video titles) around the room. Participants will walk around the "gallery" and state their perspectives/reactions to the videos on flipchart paper or post-it notes.

Technology Notes:

- *Ask participants who do not have a QR Reader app to download one:*
  - *iPhone users: **QR Reader for iPhone** via **App Store***
    - *Note: The iPhone's Camera app is also capable of scanning QR codes*
  - *Android users: **QR Code Reader** via **Play Store***
  - *Galaxy users: **Optical Reader** via **Galaxy Apps Store***
- *Creating Padlet walls (padlet.com) for the Gallery Walk activity is an alternative to paper post-it notes.*

1. Post flipchart paper/post-it notes around the room and show the group the Social Media Gallery.

Sexting (3:13) - Audio: Narration	https://youtu.be/SuBxI5OGdlw
Cyber-bullying (2:25) - Audio: Music	https://youtu.be/dkG00Czb4ho
Email etiquette at school (2:00) - Audio: Music	https://youtu.be/NuzKN7fO8Is
Chatting with Strangers Online (4:34) - Audio: Narration	https://youtu.be/A_qV9gBNy9g
Unplug and live (4:59) - Audio: Narration	https://youtu.be/aM0egir_I0c

2. Tell the participants that they have 20 minutes to walk around the "Social Media Gallery" and watch several YouTube videos. As they read each topic and watch the video, they should write their reactions to the videos on the flipcharts/notes posted on the wall. Have the students focus on the following question:

- **How will the information in this video change the way you use social media while on exchange?**

3. After 20 minutes, most participants should have made their way through the gallery; before too much 'standing around' begins, bring the group back together for a discussion.

Discussion and Wrap Up (10 MINUTES)

1. Bring the group back together. Select and share some of the interesting comments. Ask the group which topics/videos they liked and why. Use these questions to have a conversation about internet safety:

- Did anything in the videos concern you? What and why?
- What concerns and expectations do you have about using social media while on exchange?
- Does your household have "rules" about social media use? What are these rules? Are they the same for children and parents?
- What strategies might you utilize to make the best use of social media and keep usage positive? Do you have any ideas for blending internet usage with your exchange experience? Ideas should include (but not be limited to):

- Limit electronics in the bedroom
- Friend your host parents/student on Facebook/social media
- Write a blog to update friends/family during your exchange experience
- Complete homework before enjoying screen time
- Put the device down (screen-down) during family/friend time

- What are the risks involved in using social media too much or inappropriately while hosting or on exchange?
- What are some positive ways you can use social media while on exchange? (Share host country with friends/family back home, stay connected with other exchange students, follow YFU).

Throughout the conversation, the facilitator should emphasize the following points as they come up in the discussion. Facilitators should make sure participants know:

- ✓ You may be used to communicating daily or multiple times during the day with close friends and family. As an exchange student, you need to consider changing this level of communication with friends/family back home so you can create and develop close relationships with your host family and make new friends.
- ✓ **Inappropriate use of social media and/or technology is not tolerated. "Sexting" and posting naked pictures, or sharing naked pictures of others goes against YFU policies.**
- ✓ No one (students or host families) should use social media as a place to complain or make negative comments about one another.
- ✓ The use of social media is changing rapidly and there is a generation gap! Learn about and try to understand each other's perspective when discussing appropriate use.
- ✓ Social media will play a role in the exchange experience! Whether the experience is negative or positive is up to each one of us!
- ✓ It is important to have space to reflect and express all your emotions. Think about reflecting privately in a journal, private video, etc. BEFORE posting anything publicly.

Sexting

Title: The Dangers of Sexting

https://youtu.be/SuBxI5OGdlw

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Cyber-bullying

Title: Cyberbullying: there is a way out!

https://youtu.be/dkG00Czb4ho

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Unplug and LIVE

Title: Look up from your social media addiction and live

https://youtu.be/aM0egir_I0c

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Chatting Online with Strangers

Title: SNATCHED The dangers of Online Chatting

https://youtu.be/A_qV9gBNy9g

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Email Etiquette at school

Title: How to email a teacher

https://youtu.be/NuzKN7fO8Is