

# “Cyber Safety, Reputation Management, and Smart Communication Practices”

60 minute student presentation



An essential course customized for students of any age about more than just tech etiquette. An engaging and interactive presentation teaching children and teens about how to best protect themselves online and how healthy tech habit lead to greater happiness

- ❖ Privacy & Safety–Social Media, Gaming, Messaging
- ❖ Protect Your Digital and Personal Reputation
- ❖ Identifying Scams and Predators
- ❖ Respectful Online Behavior, Sharing and Texting
- ❖ Cyber Bullying- Don't be One, Don't Tolerate One
- ❖ Sexting, Threatening, Hacking, and Drama
- ❖ Sending OR Receiving Sexually Explicit Photos
- ❖ Limiting Screen Time and Addictive App Designs
- ❖ If/Then Scenarios: Tools for Mindful Reactions
- ❖ The Psychology of Happiness and Tools for Wellness



About Tech Expert and Educator Nicole Rawson  
California Licensed Secondary Instructor  
Extensive knowledge of youth tech challenges  
Over 15 years experience teaching  
Single mother of two teenage boys  
B.A. Education, MBA Rice University  
Trained in Negotiations & Resolutions, Rice  
Trained in Science of Well-Being, Yale

SCREEN TIME CLINIC®

# “Cyber Safety, Monitoring, and Parent Empowerment to Make Change”

90 minute parent presentation

An inspiring and eye-opening presentation about cyber safety, tech trends, the psychology of tech addiction, and essential tools for parents to proactively guide tech use at home to maximize your child’s critical developmental time.

- ❖ Overview of the latest Apps & Platforms
  - ❖ Basic privacy settings and content monitoring
  - ❖ Risky behavior temptations: Sexting, Bullying, Porn
- ❖ Addictive designs and contributors to risky behavior
  - ❖ Using for entertainment not information
  - ❖ Designed for continual use
- ❖ Prefrontal Cortex Development and Lack of Insight
  - ❖ Inability to control impulses
  - ❖ Inability to foresee future consequences
  - ❖ Dangers of multitasking and brain development
- ❖ Trust and Verify
  - ❖ How Tech Contracts are powerful parenting tools
  - ❖ Monitoring on a regular basis, settings and red flags
- ❖ Learning Self-Regulation
  - ❖ Benefits of continual reinforcement of healthy habits
- ❖ Psychology of Happiness and Boredom Benefits
  - ❖ Meditation time and study habits
  - ❖ Volunteering and helping others
  - ❖ Essential function of sleep
- ❖ Importance of tech reduction for learning
  - ❖ Builds focus stamina
  - ❖ Critical for information retention
  - ❖ Allows time for studying time & social skills
  - ❖ Increases information retention



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# “Cyber Safety and Tech Trends for Educators and Caretakers”

90 minute educator presentation

Professional development for educators and caretakers on cyber safety, youth tech trends, the psychology of tech addiction, and how proactively talking about and guiding tech use can maximize critical developmental time.

- ❖ Overview of the latest Apps & Platforms
  - ❖ Addictive designs make using in school highly likely
- ❖ Prefrontal Cortex Development and Lack of Insight
  - ❖ Inability to control impulses
  - ❖ Dangers of multitasking
  - ❖ Benefits of continual reinforcement of healthy tech habits
- ❖ Ways to incorporate Meditation time
- ❖ Signs to look for relating to tech overuse
  - ❖ Lack of attention, retention, focus stamina
  - ❖ Chronically tired, irritable, unprepared
  - ❖ Non-compliance with school tech policies
- ❖ How to address concerns with students
  - ❖ Expectations and consequences
  - ❖ Tech reduction classroom set-up techniques
- ❖ How to address concerns with parents, why it is necessary
  - ❖ Proactive tech communication expectations
  - ❖ Benefits of reinforcement at home



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