



## Workshops for Parents, Students, and Teachers

### *Control. Halt. Delete.: Managing your Digital TAT2*

A digital tattoo may fade, but it never goes away. This workshop will help students see the power and responsibility associated with “Living out Loud” and will help students become critical thinkers in regards to what they post, “like” and “join.” Through interactive discussions and videos students will explore how the internet sites they visit, the photos they send, and the language they use, make up their digital reputation. Strategies for creating a positive digital portfolio will be explored.

### *When the Line is Crossed: Cyber Bullying and Digital Drama*

Bullying has moved from the playground into cyber-space, where there are no off hours and no refuge. The Internet and e-communications have created a place for bullying to occur 24/7 through text messaging, Facebook, instant messaging, and more. This workshop will address the impact of electronic social cruelty on the target, the bully, and the bystander. Strategies for implementing effective interventions at home and school will be highlighted.

*Relational Aggression in Cyberspace:* Cyberspace has become the new playground for relational aggression. There has been a recent shift from this being the “domain” of girls to becoming a gender-neutral use of relationships to bully others or ruin reputations. This workshop will focus on understanding relational aggression in both boys and girls. Through the use of videos and role plays, students/ parents will learn to identify social aggression and leave with strategies to prevent and respond to peer- pressure and exclusion.

### *Teaching in a 24/7 Digital Media World*

Helping our students to become 21<sup>st</sup> century consumers and producers of technology is paramount. Using videos, and interactive activities, this workshop will help teachers understand how social media plays a major role in the world of their students. The importance of the changing role of teachers will be explored and participants will leave with the tools necessary to become digital mentors.

### ***From Bystander to Ally: Teaching Students to Take a Stand against Digital Drama and Social Cruelty***

This workshop will focus on helping students move from the role of passive bystanders to active allies and highlight the varied and powerful ways that students can step up, or step out to combat social cruelty on-line and in the school setting. Through role playing and interactive videos, students will explore how their actions or non-action can leave lasting scars on all involved. Participants will leave empowered with intervention strategies as well as an increased self-awareness of their power to make a difference.

### ***On Line Risky Behavior and Strategies for Creating a Positive Digital Portfolio***

What are the on-line risks our students are taking? This workshop will help parents and students see the power and responsibility associated with “Living out Loud” and will help students become critical thinkers in regards to their digital lives. Through interactive discussions and videos parents and students will explore digital reputation. Strategies for creating a positive digital portfolio will be explored.

### ***From Bystanders to Allies: Helping Children to Take a Stand in the Digital World***

How can we as parents help our children move from the role of passive bystander to active ally when an acquaintance or friend is being bullied on-line? This interactive workshop will focus on lessons learned from history to discuss the role of the bystander in hate crimes and genocide. We will specifically discuss the role of the bystander during the Holocaust and why a few “righteous gentiles” were able to take a stand at great risk to themselves while most of the world was silent. These lessons learned from the Holocaust will be directly applied to strategies our children can use to stand up and speak out against social cruelty in cyberspace today.

**Customized programs and consulting available on request.**

**Gloria Moskowitz-Sweet, PPSC, LCSW and Erica Pelavin, LCSW, PhD**  
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# DIGITAL TAT2

Bullying Prevention, Digital Reputation, Cyber Safety



**Gloria Moskowitz-Sweet, PPSC, LCSW**

Gloria Moskowitz-Sweet has been a school social worker, educator, program developer, and university lecturer since 1981. She was the coordinator of Parents Place Community Education and Bullying Prevention Center on the Peninsula for five years and a lecturer in the graduate program of social work at San Jose State University for 20 years. Gloria is a strong believer in the importance of working with teachers, parents, and students to create a safe environment conducive to learning. Her areas of expertise include: understanding children's learning styles and multiple intelligences; fostering resiliency in children; bullying and cyber-bullying prevention; and educating children and youth to be ethical and responsible digital participants. Gloria is bi-cultural and the parent of three sons.



**Erica Pelavin. LCSW, PhD**

Erica Pelavin is a family psychologist with over 20 years' experience working with a strength-based perspective, Erica specializes in bullying prevention, relational aggression, digital drama, cyber safety and conflict resolution. Erica has a passion for helping children learn the skills to become their own advocates, as well as helping schools become caring communities. Erica has been trained and certified to teach the Committee for Children's 'Steps to Respect' and 'Second Step Bullying Prevention' curricula to teachers, administrators and youth. In addition to her counseling work with adolescents, she facilitates both parenting and teacher seminars in media literacy and 21 Century Learning Skills. She is the coauthor of "Family Therapy," a chapter in the book *Current Psychotherapies*, by Raymond J. Corsini and Danny Wedding. She is the mother of two media obsessed boys.