



## Parent & Caregiver Resources

### Familiarize Yourself with Social Media

#### Teens & Tech

<https://www.teensandtech.org/resources>

Teens & Tech is an organization funded by the Winston Family Initiative which studies teen technology use and adolescent brain development, social relationships, and health-risk behaviors. They have an extensive resource list including websites, books and podcasts on parenting in the digital age.

#### Boston Children's Hospital Digital Wellness Lab

<https://digitalwellnesslab.org/parents/>

The Boston Children's Hospital Digital Wellness Lab seeks to understand and promote wellness in the digital age. They provide materials focusing on different developmental stages in children, specific types of technology, and how media can affect health and well-being. The content is relevant for parents in Canada even though the organization is based in the USA.

#### Common Sense Media

<https://www.commonsensemedia.org/blog>

Since 2003, Common Sense has been the leading source of entertainment and technology recommendations for families and schools. Every day, millions of parents and educators trust Common Sense reviews and advice to help them navigate the digital world with their children. Common Sense Media rates movies, TV shows, books, games, and more so parents can feel good about the entertainment choices they make for their kids.

## **Simon Wiesenthal Center – Digital Terrorism & Hate**

[www.digitalhate.net](http://www.digitalhate.net)

The Simon Wiesenthal Center has been monitoring the proliferation of extremism online since 1986, before the advent of the internet. Since 1998, the Center has released an annual report called Digital Terrorism and Hate that explores how the internet is used by extremists to promote their ideologies and recruit individuals, often on the cutting edge of digital advances. Our research is shared with law enforcement, educators, government officials and policy makers around the world, and we regularly meet with social media platforms to provide insight on exploitation of their services by extremists and advise on responses.

## **Create Space for Open Discussion**

### **Western States Center**

<https://www.westernstatescenter.org/>

<https://westernstatescenter.medium.com/my-child-is-sharing-conspiracy-theories-and-racist-memes-what-do-i-say-ea1c8916d064>

Western States Center is a US-based organization that works to produce guides, toolkits and other resources that support movements for justice and freedom. They work with communities and organizations to build movements, develop leaders, shift culture, and defend democracy through a prism of race, gender, justice, and equity. The blog series linked above provides a multi-part guide for caregivers to navigate challenging conversations with young people about disinformation and even sharing hateful content online.

### **SPLC-PERIL Guide**

<https://www.splcenter.org/peril>

[https://www.splcenter.org/sites/default/files/splc\\_peril\\_parents\\_and\\_caregivers\\_guide\\_june\\_2021\\_final.pdf](https://www.splcenter.org/sites/default/files/splc_peril_parents_and_caregivers_guide_june_2021_final.pdf)

The Southern Poverty Law Center (SPLC) and the Polarization and Extremism Research and Innovation Lab (PERIL) are committed to providing resources to the people building community resilience against extremism and for a more just and inclusive society. The guide they have created for parents and caregivers is linked above, and provides excellent points for conversation with young people, warning signs and further resources for support.

## **Empower Young People**

### **Kids Help Phone**

<https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/helping-young-people-recognize-and-respond-to-online-hate/>

Kids Help Phone is Canada's only 24/7, national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Their website has specific resources for adults to help young people who may encounter online hate.

### **LGBT Youthline**

<https://www.youthline.ca/>

LGBT Youthline is a Queer, Trans, Two-Spirit youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. They offer confidential and non-judgmental peer support through telephone, text and chat services. Their website has resources for families and individuals, including material on self-care and bullying.

### **The Trevor Project**

[https://www.thetrevorproject.org/wp-content/uploads/2019/06/IG-x-Trevor-Project\\_LGBTQ-Safety-Guide.pdf](https://www.thetrevorproject.org/wp-content/uploads/2019/06/IG-x-Trevor-Project_LGBTQ-Safety-Guide.pdf)

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is a US-based national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. This particular PDF guide was designed to support the well-being of users on Instagram, particularly focused on the LGBTQ community, but the advice is helpful for all young social media users.

### **Take This**

<https://www.takethis.org/>

Take This is a mental health advocacy organization with a focus on the game industry and community. They provide resources, training, and support individuals and companies that help the gaming community improve its mental well-being and resilience. The organization addresses the underlying conditions that can create and perpetuate mental health challenges: stigma,

harmful studio culture, harassment and toxicity, lack of diversity and accessibility, and problematic game and community design.

### **Chinese Canadian National Council for Social Justice**

<https://ccncsj.ca/campaigns-fightracismincanada/>

The original Chinese Canadian National Council (CCNC) was founded in 1980, which marked the beginning of four decades of community activism to fight for equality and human rights. In carrying out its mission, CCNC-SJ's goals are shaped by the current outbreaks in anti-Asian racism caused by the COVID-19 pandemic. Their main project is Empowering, Engaging, and Equipping Canadians to Combat Anti-Asian Racism through Online Resources and Social Media.

### **DoSomething**

<https://www.dosomething.org/us/campaigns>

DoSomething is the largest not-for-profit exclusively for young people and social change in the world. DoSomething's millions of members represent every US area code and 131 countries. Using their digital platform, DoSomething members join their volunteer, social change, and civic action campaigns to make real-world impact on causes they care about. Previous campaigns included: "No To Hate" – members flagged white nationalist and other hateful content online; "Disrupt Racism" - Step-by-step guides to start a conversation with friends and family about how to actively be anti-racist and disrupt racism in your communities.

## **Media Literacy and Empathy Building**

### **Media Smarts**

<https://mediasmarts.ca/parents>

MediaSmarts is a Canadian not-for-profit charitable organization for digital and media literacy. Their vision is that children, youth and trusted adults have the critical thinking skills to engage with media as active and informed digital citizens. They provide leadership in advancing digital and media literacy in Canadian schools, homes and communities; develop and deliver high-quality Canadian-based digital and media literacy resources; and conduct and disseminate research that contributes to the development of informed public policy on issues related to media. Their parent site has a large amount of resources, including content on video gaming.

## **Digital Control – Consumer Reports Guide**

<https://www.consumerreports.org/social-media/combat-hate-speech-and-misinformation-on-social-media/>

This guide provides detailed steps for avoiding much of the toxic content that's shared on leading social media sites, starting with the largest platforms, and working down. It also tells you how to report users or posts that violate a platform's policies.

## **TikTok Reporting**

<https://www.tiktok.com/safety/>

<https://www.tiktok.com/community-guidelines>

TikTok has an online safety center and community guidelines dedicated to tackling issues including hate speech and cyber-bullying on their platform. They have resources for parents, guardians and caregivers.

## **Museum of Tolerance**

[www.museumoftolerance.com](http://www.museumoftolerance.com)

The Museum of Tolerance is the educational arm of the Simon Wiesenthal Center, based in Los Angeles, California. Founded in 1993, it challenges visitors to confront bigotry and racism, and to understand the Holocaust in both historic and contemporary contexts. The website has resources for young people and families, including Holocaust education materials, recorded Holocaust Survivor testimonies, and a busy events calendar with programs exploring social justice issues.

## **Friends of Simon Wiesenthal Center**

<https://www.friendsofsimonwiesenthalcenter.com/>

Friends of Simon Wiesenthal Center for Holocaust Studies (FSWC) is a non-profit human rights organization committed to countering racism and antisemitism and to promoting the principles of tolerance, social justice and Canadian democratic values through advocacy and education. FSWC has developed a number of workshops to counter antisemitism, and promote tolerance and human rights. They host schools at their tolerance training centre in Toronto and visit schools across Canada to educate and advocate.

## **Spread Positivity!**

### **Kindess.org**

<https://acts.kindness.org/initiatives>

Kindness.org is a nonprofit with a bold hypothesis: Kindness is the catalyst in solving the world's biggest challenges. Instead of a random act of kindness, try one of our recommended acts and let us know how it goes – including sharing a positive news story online, responding to a negative comment with positivity, and leaving a positive note for a classmate.

### **Peace First**

<https://www.peacefirst.org/challenge>

Peace First is a 501(c)3 organization co-led by young people that empowers youth ages 13-25 to create a more compassionate, just and peaceful world by providing digital tools, community support, start-up funding and stories that celebrate their social change journeys and impact. They are a global NGO supporting youth-led projects and connecting thousands of young social change leaders from over 150 countries. Through their digital platform, Peace First offers young people ages 13-25 the skills and resources necessary to turn their ideas into action. They currently host over 19,000 young users on our digital platform and are supporting over 7,000 youth-led projects. The Peace First Challenge helps young people (ages 13-25) create and lead projects that address injustice in their community through compassion, courage and collaborative leadership. They provide mini grants, virtual training and mentorship.

## **Seek Support When Needed**

### **Canadian Anti-Hate Network**

<https://www.antihate.ca/>

The Canadian Anti-Hate Network is an independent, nonprofit organization made up of Canada's leading experts and researchers on hate groups and hate crimes. Their mandate is to monitor, research, and counter hate groups by providing education and information on hate groups to the public, media, researchers, courts, law enforcement, and community groups.

**Concerns about a young person? Email [info@antihate.ca](mailto:info@antihate.ca)**