



Family Learning Toolkit – Parents Handbook

Interactive Magazines

Introduction

Welcome to the Parents Handbook for the Interactive Magazines. This handbook is designed to help you navigate the 12 magazines and teach you how you can use these magazines to better connect with your teenage children on a more personal level. This handbook has been created to assist parents in introducing their teenagers to the important subjects of digital and climate literacy. Developed as part of the Family Footprints project, these interactive magazines consist of instructions for using the 12 magazines with your young adult children.

The magazine is designed to offer young people a variety of videos, articles, quizzes, and activities to introduce themselves to these topics. Each activity is brief and can be completed in a maximum of 60 minutes, making it easy for teenagers to incorporate these activities into daily life. Parents are encouraged to review the topics and activities provided and choose those that best align with their teenagers' interests and needs.

The interactive magazines are split into two core age groups – teenagers (13–16-year-olds) and young adults (17–20-year-olds), to help teenagers comprehend how their online and offline actions can impact our planet and their own digital well-being. The videos and articles present young people with information on each of the 6 core themes as well as a self-reflection quiz and activity to understand how the topics influence their own lives.

The collection of magazines is divided into two sections, with the first three editions focusing on online safety and our digital footprint, and the second three editions addressing issues related to climate change and our carbon footprint. Each edition presents a different theme related to digital and climate literacy, making the collection an engaging and educational resource for both parents and teenagers.

Parents can use these magazines to help address important situations with their teenagers, as well as encourage digital and climate literacy in young people. By reading these magazines, teenagers will learn how to become responsible digital citizens and develop an understanding of the importance of protecting our planet.

We are excited to witness the impact that these interactive magazines will have on teenagers' learning and engagement with these important topics. We hope that this magazine will serve as a valuable resource for parents as they collaborate with their teenagers to develop digital and climate literacy skills.

Let's get started

How to Use the Magazines

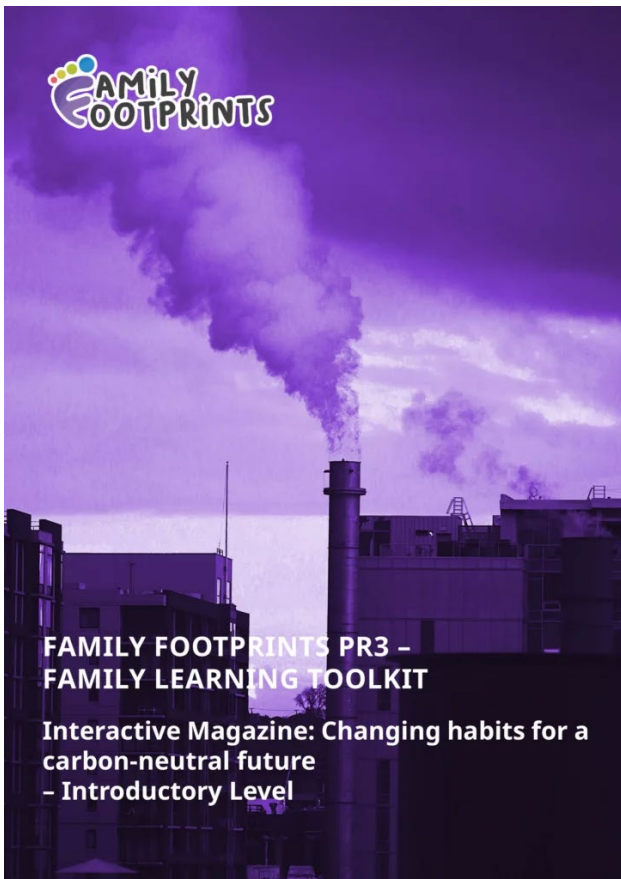
The set of 12 magazines addresses six themes – three aimed at developing digital and media literacy – as research shows that young adults require media literacy training to counter the spread of disinformation through social media, and three to raise awareness of climate change.

The six themes covered are:

1. Digital footprint and my digital identity
2. Cyberbullying, digital drama and hate speech
3. Media balance, media literacy and my well-being
4. My carbon footprint – focusing on consumerism, social media use and its environmental cost, etc.
5. My plastic diet – single-use plastic and microplastics in our food supply
6. Changing habits for a carbon-neutral future

Each interactive magazine contains:

- An informative introductory video to the topic
- A self-reflection check-in quiz
- An in-depth article to increase your knowledge about the topic
- A self-help activity aimed at improving
- A video library for further learning



To use these magazines with your teenage children, you can follow these handy tips!

1. **Familiarise yourself with the magazine:** Take some time to explore the interactive magazine before engaging with your teenage child. Understand the different sections and activities it offers, such as the introductory video, self-reflective quiz, article, self-help activity, and video library.
2. **Set aside dedicated time:** Find a suitable time when both you and your teenager can sit down and engage with the interactive magazine without interruptions. Create a relaxed and comfortable environment that promotes open discussion and learning.
3. **Start with the introductory video:** Begin each magazine session by watching the introductory video together. This video sets the context for the topic and provides a foundation for the discussions and activities that follow. Encourage your teenager to share their thoughts and reactions to the video.
4. **Take the self-reflective quiz:** After watching the video, encourage your teenager to complete the self-reflective quiz. This quiz allows them to assess their current knowledge and understanding of the topic. Use the quiz results as a starting point for further exploration and discussion.
5. **Read and discuss the article:** Read the article included in the magazine together with your teenager. Encourage them to ask questions, share their opinions, and express their thoughts on the topic. Discuss any new information they have learned and help them relate it to real-life situations.
6. **Engage in the self-help activity:** Each magazine includes a self-help activity related to the topic. Participate in the activity together with your teenager. This could involve brainstorming ideas, setting goals, or implementing changes in their daily lives. Encourage creativity and critical thinking during this process.
7. **Explore the video library:** The magazine's video library provides additional resources and perspectives on the topic. Watch relevant videos together and discuss the different viewpoints presented. Encourage your teenager to form their own opinions based on the information they gather.
8. **Encourage open dialogue:** Throughout the interactive magazine experience, create a safe and non-judgmental space for your teenager to express their thoughts, concerns, and questions. Listen actively and validate their opinions.
9. **Relate the topics to real-life situations:** Help your teenager connect the concepts discussed in the interactive magazine to their own lives and experiences.
10. **Encourage them to think critically** about how these topics impact their digital identity, well-being, and the environment.

Remember, the goal is to create an engaging and interactive learning experience that empowers your teenager to develop critical thinking, digital literacy, and environmental awareness.

Enjoy the journey of learning and exploration together!

Using the Magazines - Example

In this example we will look at the advanced level magazine for cyberbullying, digital drama, and hate speech, which is aimed at 17–20-year-olds. This magazine in particular aims to tackle the difficult issue of hate speech.

The magazine starts out with an introductory video about hate speech and its impact on young people.

With this video as a parent, you can support your child in the understanding of the topic.

After the video, there is a short self-reflective check-up quiz for teenagers to complete that allows teenagers to analyse what they have learned.

Parents can encourage their teenager to use this quiz to reflect on their understanding from what they learned in the video.

There is an in-depth article about hate speech and hate speech policies in the European Union. The aim of this article is providing a more in-depth analysis of the fight against hate speech in the EU. Teenagers can read this to gain a further understanding of the protections against hate speech.

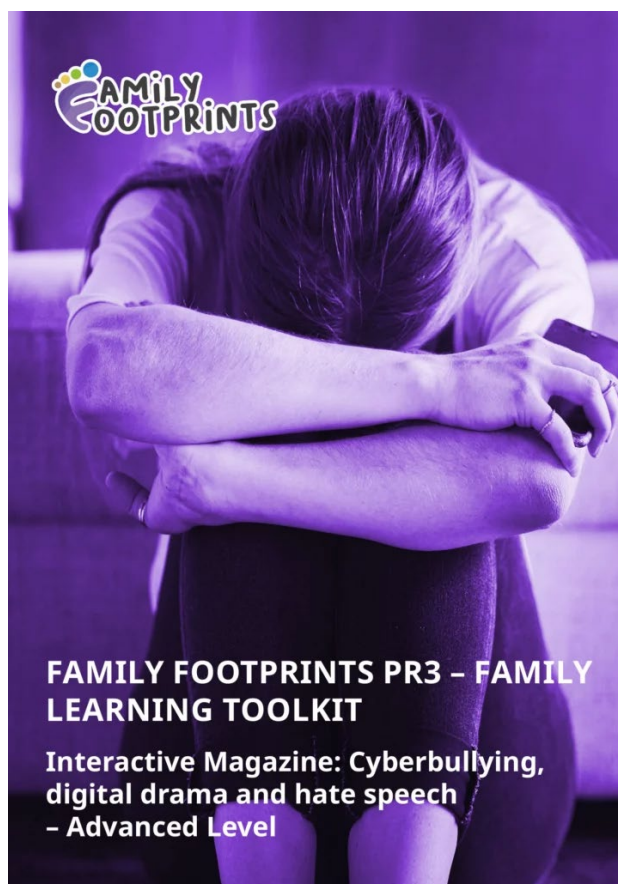
Parents can use this article to further both their own and their children's understanding about the legal implications of hate speech as well as open a discussion about the impact of hate speech on communities and families.

After the article, there is a self-reflective activity aimed at expanding the teenagers understanding of how they can put their newly learned knowledge to task and implement real change into their own lives.

By encouraging your children to complete this self-reflective activity, you can gain an insight into how your child processes information in relation to hate speech as well as be able to help your child complete the activity.

The magazine concludes with a small video library that provides links to three videos on YouTube that teenagers can use to expand their knowledge about the topic at hand.

To use these resources, parents can encourage their children to watch these videos together to have further discussions about the importance of understanding hate speech and its impact.



FAMILY FOOTPRINTS

