

TITLE: Digital Awareness Workshop – Understanding the World Behind Apps

THEME

Collaboration between schools, parents and society

OBJECTIVES

Learning objectives:

- To encourage safe, responsible use of AI tools/ games
- To help parents understand that technology is not only a learning or entertainment tool, but also a space that can convey subliminal messages influencing the children's emotions and behaviours
- To develop parents' ability to identify both the benefits and the potential dangers of the apps used by their children.
- To raise awareness of how digital exposure affects children's emotional and social development.

Outcomes:

- Increased self-awareness among parents regarding their children's digital habits.
- Improved ability to recognize potential emotional or psychological triggers in online environments.
- Strengthened trust and communication in the parent-child-school relationship.
- Creation of a supportive network among parents and teachers focused on digital education.

TOOLS

Computer/ tablet smartboard, projector, internet access, child-friendly AI tools or character creator platform, paper and markers for offline activity,
LESSON PLAN (1X 45 MINUTE SESSIONS)

LESSON 1

Time	Content
10 min	Intro/Hook - Parents are invited to look through their children's phones and list the most frequently used apps.
60-70 min	Activity The facilitator (teacher or digital education coordinator) writes on the whiteboard the top 3 most common apps found. → Purpose: To visualize the most popular platforms among children and start discussion. Activity 2



	<p>Each app identified is analyzed in small groups. The therapist or teacher facilitates discussion about: Potential benefits (creativity, learning, communication, etc.) Possible dangers (exposure to inappropriate content, addiction, cyberbullying, subliminal messaging). → Purpose: To provide balanced insight and awareness, not judgment.</p> <p>Activity 3- Hands On Exploration Parents open and explore the most common app (e.g., TikTok, YouTube Shorts, Roblox). They test the app, scroll, and note down: What they perceive as positive aspects What they perceive as risks or threats The session ends with a short reflection: “What did you discover today that you didn’t know before about your child’s digital world?”</p> <p>Activity 4- Group Reflection and sharing Each group shares their insights and emotional reactions. The facilitator summarizes and highlights key patterns (e.g., emotional triggers, behavioral modeling, data privacy concerns).</p>
<p>10 min</p>	<p>Exit ticket/evaluation/conclusion The workshop aims to help parents understand that being “digitally connected” is not the same as being emotionally connected with their children. Through shared exploration and discussion, parents learn to approach technology with curiosity, empathy, and responsibility. A follow-up online questionnaire or reflection form can be sent to parents to evaluate changes in attitudes or awareness after a few weeks.</p>

