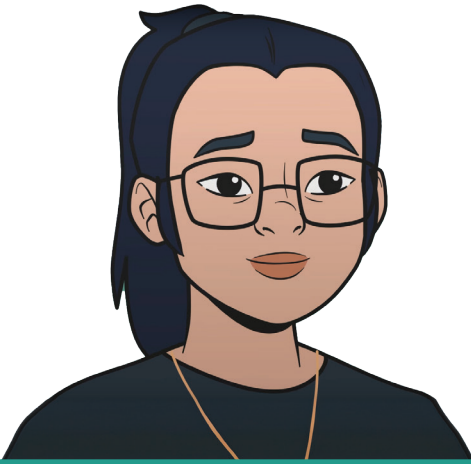


KAIA'S STORY



OVERVIEW:

Negative thoughts continue to creep into Kaia's mind. She wants to accept all parts of herself – but her low self-esteem and lack of confidence make her feel like she does not measure up. She finds hope and no longer has to avoid social situations and activities due to her insecurities.

“Why do you have to take up so much space... ahh.”

EPISODE ONE - Taking Up Space



Volleyball and schoolwork fill Kaia's day. Although she finds joy in her life, every new day seems to be another reminder of how much space she takes up. Where others see Kaia's attributes as positives, she can only see the negative. She can't shake the feeling that she is not enough. As she scrolls through social media, she can't seem to stop comparing herself to others. It gets hard after she promises to post her team photo. Peer pressure to conform to beauty standards intensifies her body image concerns. Her mother shares her own struggle, and together they work on being kinder to themselves.

ISSUES TACKLED In this episode:

- Self-Esteem and Body Confidence
- Living with Depression and Mental Illness
- Finding Confidence and Combating Negative Self-Talk
- Importance of Connection

Thought Questions:

What are some positive ways you've found to boost your self-esteem and maintain hope while dealing with negative thoughts?

Discussion Questions:

Kaia feels she is not enough, and it keeps her from sharing the joys in her life on social media. Have you noticed that you compare yourself to others while using social media? How do you maintain balance?

Resources:

- Crisis Text Line: 741741
- NAMI.org
- 24/7 National Suicide Hotline: 988
- ParentGuidance.org

These stories are worth telling.



KAIA'S STORY

EPISODE ONE

Taking Up Space



Journal Entry:

Have you ever felt like you take up too much space? Write a letter to your younger self offering words of encouragement and advice regarding self-image and self-acceptance.



Good Things Group Activity:

Focus on good things and acknowledge them. Have teens reflect on good things that have happened to them recently. Then, have them write down a few on sticky notes. Ask a few people to share out. Then find a wall or door where all the good things go so everyone can see! You will be amazed by all the things you learn about their lives. Students will also get the opportunity to reflect on and savor things for which they can be grateful.

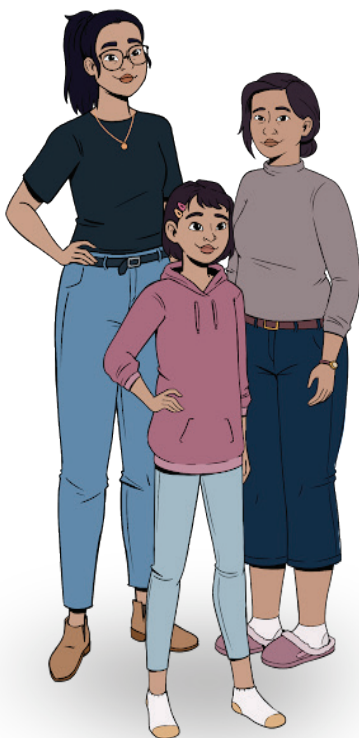
Need Help?

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Family Engagement:

Helping children navigate the constant comparison on social media is important for their mental and emotional well-being. Start by talking about the concept of media literacy. This involves the ability to critically analyze and understand media messages, including those on social media. Discuss with your child the various sources of influence on social media, including friends, celebrities, and influencers. Together name a few accounts or individuals each of you follow who make you or them feel the need to make comparisons. Come up with solutions together. Keep the lines of communication open with your child about their experiences on social media. Encourage them to come to you with any concerns or questions they may have.

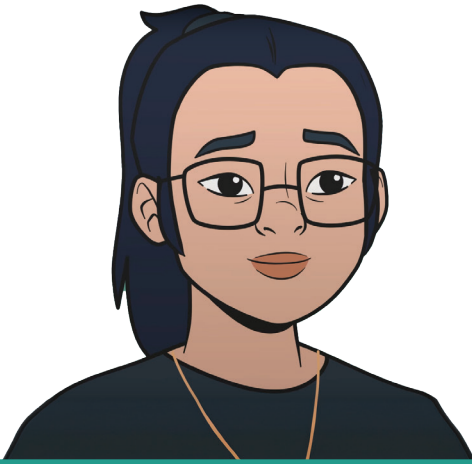


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COOK CENTER FOR
HUMAN CONNECTION

KAIA'S STORY



OVERVIEW:

Negative thoughts continue to creep into Kaia's mind. She wants to accept all parts of herself – but her low self-esteem and lack of confidence make her feel like she does not measure up. She finds hope and no longer avoids social situations and activities due to her insecurities.

“Thanks for understanding...”

EPISODE TWO - Rallying Together



When Kaia reveals to Vince that she's been struggling with her body image, she finds out Vince understands what she's been going through. Her teammates are looking to her for guidance. And Kaia gets the courage to reassure her teammates and extends some kindness to herself.

Thought Questions:

Sometimes we follow people on social media with whom we end up comparing ourselves. Why might this be something to avoid and what are some ways you might go about it?

Discussion Questions:

Are you “friends” with strangers on social media? Many follow the rule – “If you don't know them in real life, don't friend them on social media.” Research even shows that people who only follow friends they know in the real world are generally happier than those who follow strangers. Discuss the pros and cons.

ISSUES TACKLED In this episode:

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KAIA'S STORY

EPISODE TWO

Rallying Together



Journal Entry:

It is clear that when Kaia and Vince talk, they really understand what each other is going through. Write down a list of people you can talk to when you need a little extra encouragement or just a friend to lean on. Write down some ideas of how it might help to connect during these times.



Good Things Group Activity:

Teens are much more than the “likes” they receive on social media. As a group, research and create a newsletter to share with others about risks and things kids should avoid as it relates to social media. Tackle questions like: What are the positives and negatives of social media, and how does it affect our mental health?

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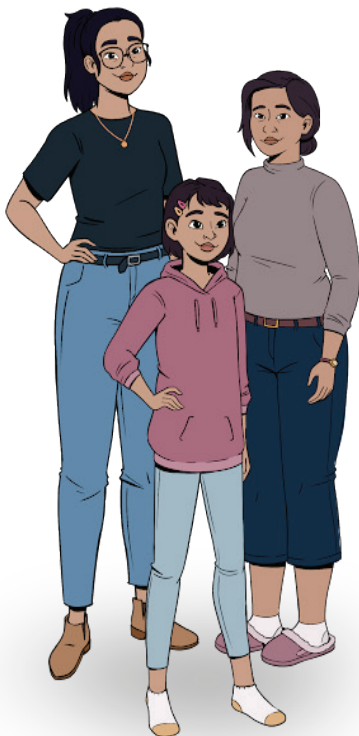


Family Engagement:

Make a household plan for social media. Together set healthy boundaries for social media use and how many hours are appropriate to spend on social media platforms.

Set rules you can all agree on – for example, you might keep devices in public areas in the house or have no devices in bedrooms at night to not disturb sleep.

Setting a good example through your own social media use and virtual behavior can go a long way toward helping your kids use social media safely.



These stories are worth telling.



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