



PSYCHOLOGICAL SERVICES

engage

ENGAGE YOU PRESENTS: **LICENSE TO SCROLL**

Free Smartphone Safety Curriculum

CLASS SCHEDULE AND TOPICS

UNIT 1: SMARTPHONE ETIQUETTE

Texting, Group Texting, & Miscommunications
Phone Calls & Voicemails
Identifying Scams & Phishing

UNIT 2: DIGITAL LITERACY AND CRITICAL THINKING

Identifying Credible Sources
The Algorithm & You
Human Interaction in a Digital World

UNIT 3: DIGITAL WELLNESS

Sleep & Screen Time
Managing FOMO (Fear of Missing Out)
Digital Balance & Social Emotional Learning

UNIT 4: CAMERA USE AND MEDIA SHARING

Camera Etiquette
Privacy, Boundaries & Safety
Filters & Fake Content

UNIT 5: ONLINE SAFETY

Exploring Popular Platforms (pros & cons)
Profile Security & Setup
Interacting on Platforms

UNIT 6: USING PHONES FOR POSITIVE

Creative Avenues
Learning Platforms
Advocacy

UNIT 7: SETTING PHONE HABITS

Goal & Boundary Setting
Identifying Your Hard No's
What's Your Purpose

UNIT 8: FAMILY PHONE PLANNING

The Age That Works For Your Family
Setting Family Screen Time Goals
App Agreements
Boundaries & Supervision
Respect & Trust

FINAL TEST

This test will assess all the topics covered in this course. It includes multiple-choice questions and one short written section. Both you and your child will receive the results, providing insight into which areas are well understood and which may need additional focus or practice.

SCAN QR
CODE TO
ENROLL



MEETS EVERY MONDAY FROM 6PM - 7PM

JOIN ANYTIME! WE ROTATE THROUGH ALL TOPICS, SO YOU'LL HAVE THE CHANCE TO COVER EVERYTHING NO MATTER WHEN YOU START