
MASTERING GROUP CHATS

with Chelsea Lopez: educator, social media coach, digital native

THE **SOCIAL** INSTITUTE
—

Digital native and educator with a passion for empowering students

Over **5 years of teaching experience** in the classroom

Digital native and expert that **teachers relate to and students respect**

Lead professional development to help schools maximize #WinAtSocial with students, parents, and educators

Over 5 years of coaching experience

Current Middle School Cheer Coach

Presented professional development sessions for educators across the country



Chelsea Lopez

Partner Success



7 SOCIAL STANDARDS. CO-CREATED WITH STUDENTS.



PLAY TO YOUR CORE

Reflecting our values, character, and interests in our actions.



PROTECT YOUR PRIVACY LIKE YOU'RE FAMOUS

Staying in control of our personal information.



STRIKE A BALANCE

Balancing our time and attention on technology with the people around us.



CYBERBACK

Having each others' back and supporting each other.



FIND YOUR INFLUENCERS

Surrounding yourself with positive role models and credible influences.



USE YOUR MIC FOR GOOD

Amplifying your voice to create meaningful change.



HANDLE THE PRESSURE

Finding your own path no matter the pressure from others.

Coach our students to #WinAtSocial and make positive moves when navigating group chats.

WIN VS **LOSE**

KEEPING UP WITH MULTIPLE FRIENDS
SOCIALIZING WITH DIFFERENT GROUPS
SHARING FUNNY VIDEOS
ORGANIZING GROUP PROJECTS
PLANNING GROUP ACTIVITIES

FEELING LEFT OUT
MISINTERPRETING MESSAGES
REACTING EMOTIONALLY TO DRAMA
MANAGING RUMORS AND GOSSIP
DRAMA WITH SCREENSHOTS

Trending Articles Inspiring Today's Huddle

The Washington Post

Students' tips for group chats: Avoid sending too many messages at once, remember that anything you text can be saved with a screenshot

October 30, 2023

Centers for Disease Control and Prevention

Social connection has been linked with improved well-being and quality of life

March 20, 2023

The Washington Post

Experts suggest we should treat group chats like a "special family dinner" and use good manners to help everyone understand each other better

January 19, 2024

AGENDA

01

WARM UP

02

LATEST TRENDS + RESEARCH

03

FOCUS ON THE DO'S

04

EXCHANGE PRO TIPS

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CONCENTRATION CHALLENGE

14



Can anyone volunteer to help me with our theater production on Thursday?

Anyone chaperoning the school dance on Friday?

19

78	5	35	57	64	21	40	87			
42	3	42	3	42	3	77	5			
75	38	75	4	82	75	71	22	95	42	81
33	45	7	20	24						
1	89	38	50	58	10					
83	61	94	8	69	3	37				
62	97	88	99	27	23	98	85	16	93	

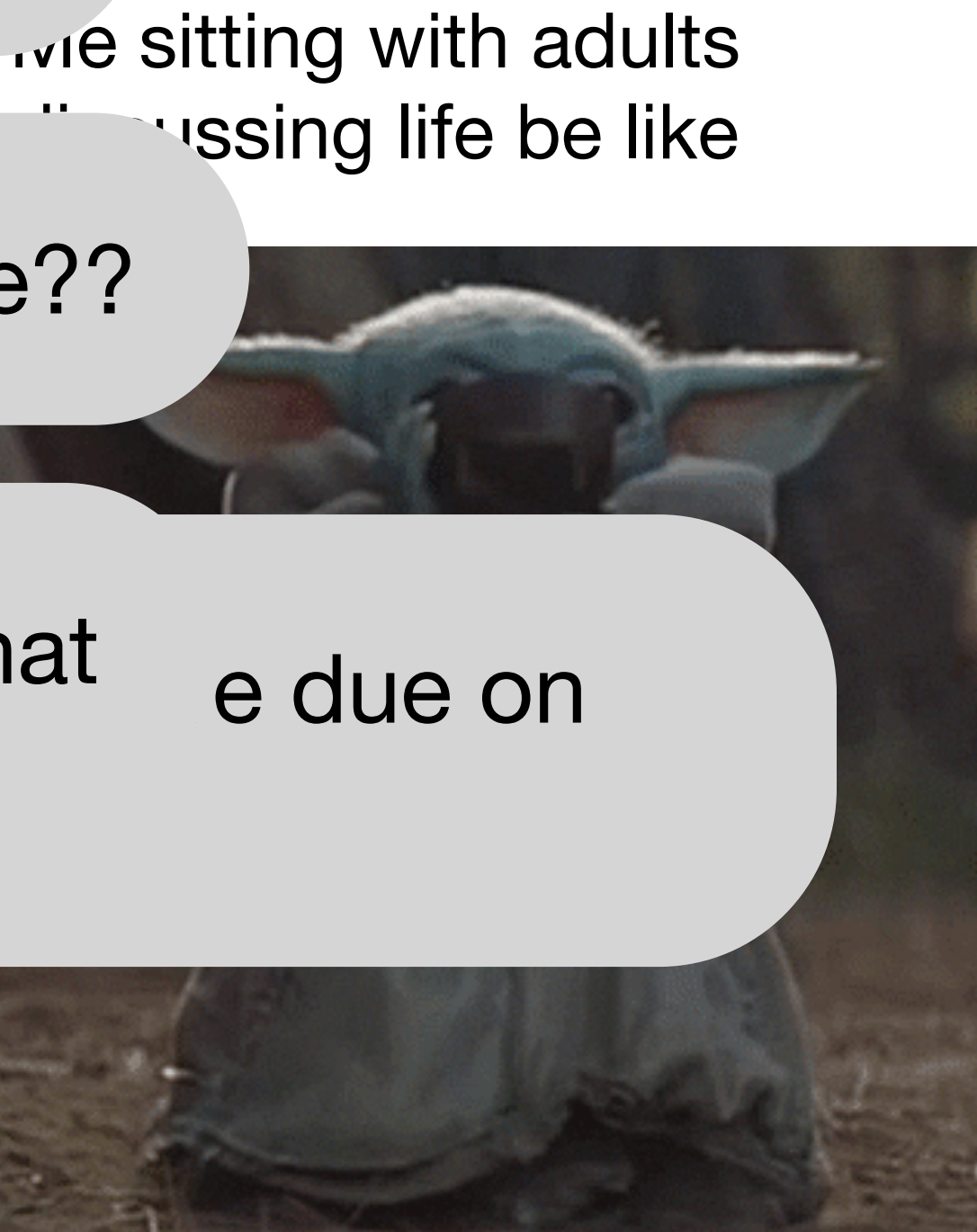
CHALLENGE COMPLETE

STOP COUNTDOWN

not sure. Casey, are you?

why about everyone else??

whoops typo! I mean what are we due on Friday!



Don't forget about Spirit Week next week!

This is about to end in a few seconds, isn't it?

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Students Trends

Keeping up with a busy group chat when our family says no screen time

Handling private messages or photos getting shared

Feeling overwhelmed when chats move too quickly

Keeping up with multiple friends at once

Dealing with rumors and gossip spreading in the chat

Dealing with drama caused by screenshots

Misinterpreting a message, leading to drama and misunderstandings

Seeing a message from someone that is offensive and crosses the line

Experiencing FOMO when we're not included

GAME TIME

FACT OR FICTION

Round 1

56% of 7th graders
feel they need to reply
to a text from friends
within 10 minutes.

FACT



FICTION

Round 2

8 in 10 people who use messaging apps, like texting, use group chats mainly to keep family and friends in the loop.



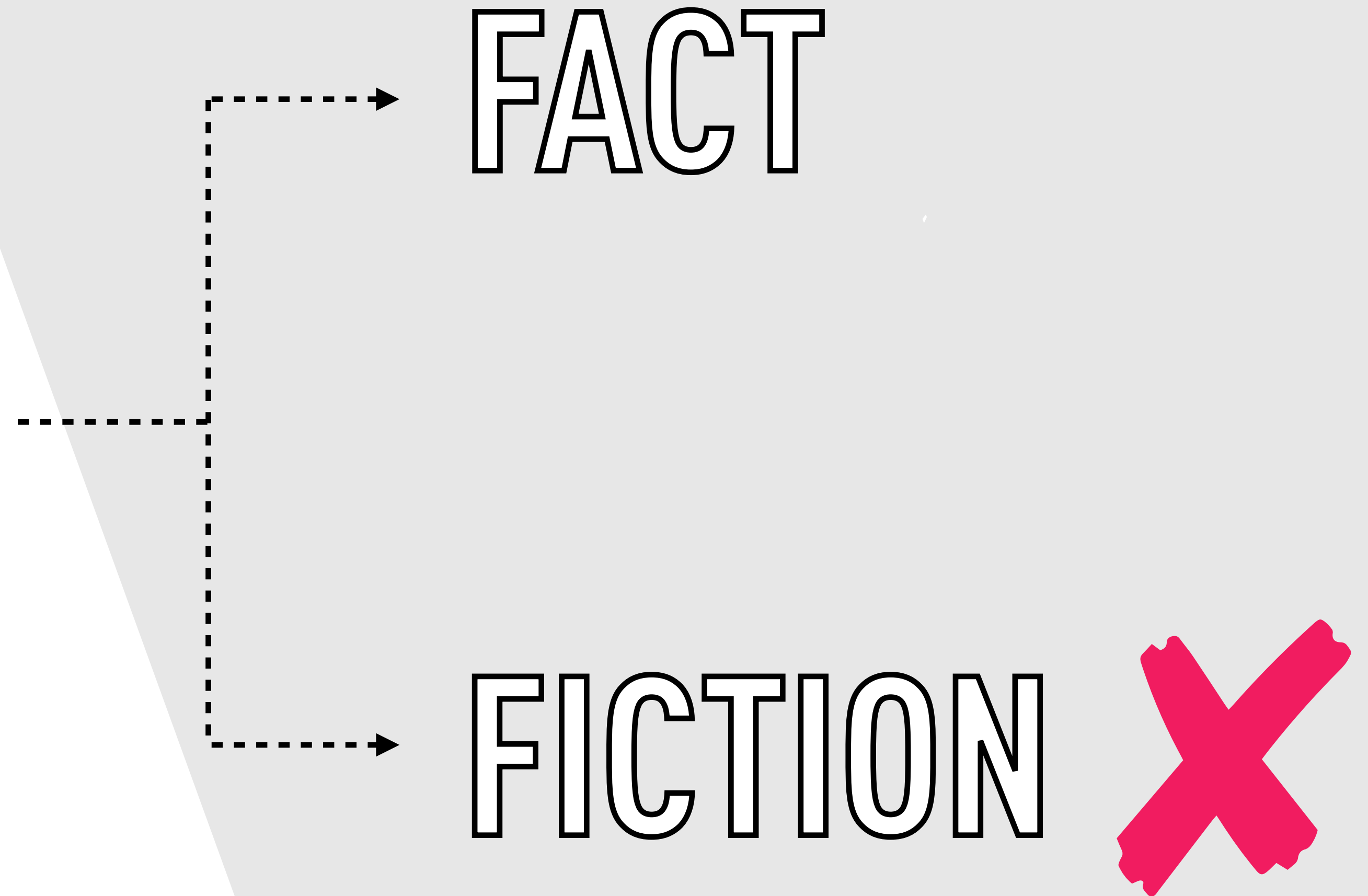
FACT



FICTION

Round 3

27% of people have left a group chat at some point because they found it very overwhelming.



CYBERBULLYING

DIRECT & INDIRECT

Round 1

A student shares in a group chat how a classmate lied about something they did over the weekend, even though there's no evidence. The group continues to share the messages with others, leading to the spread of false info and damaging the classmate's reputation.



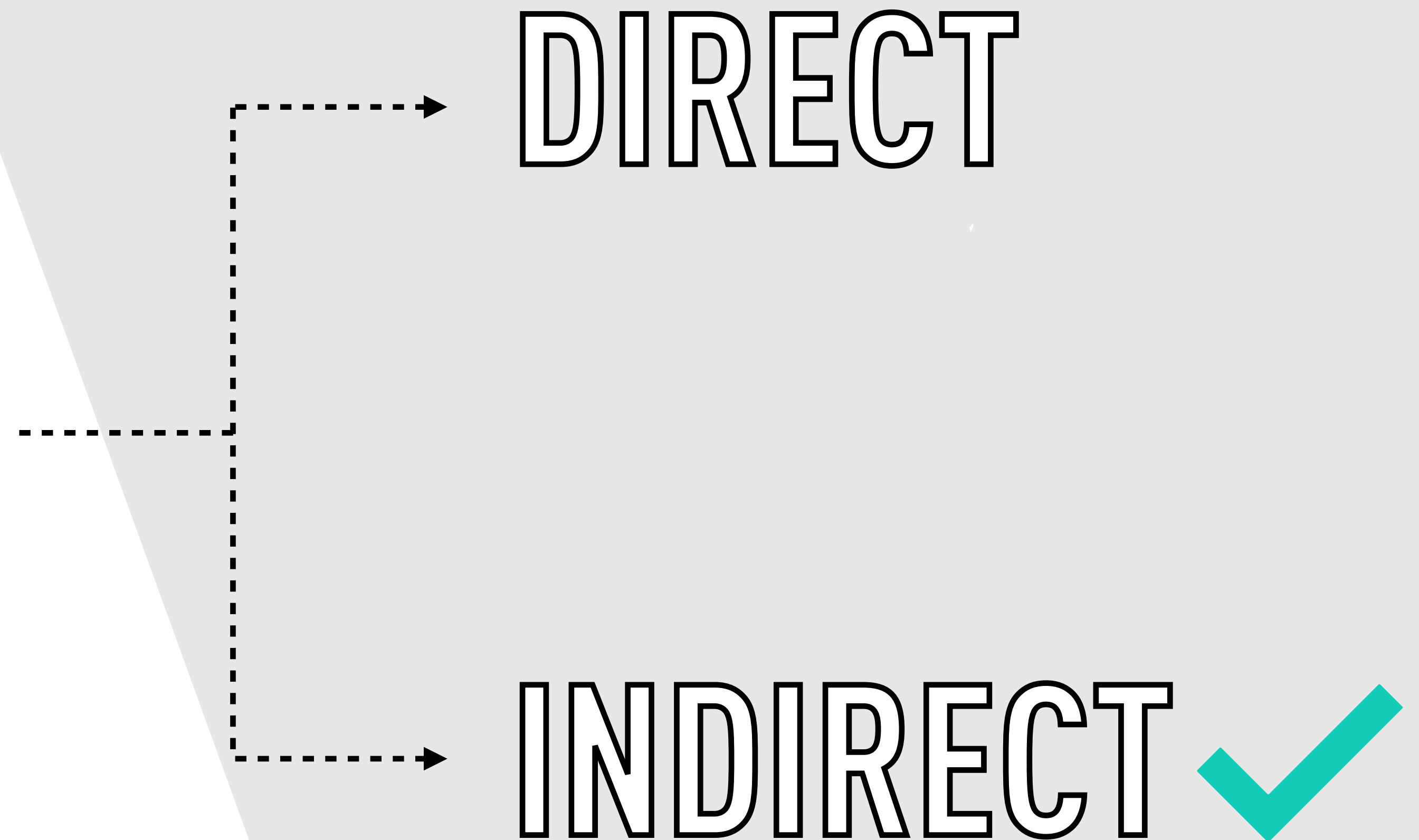
DIRECT

INDIRECT



Round 2

A student says something in the group chat. Several people don't reply, and instead they create a side group chat to gossip and talk about the student.



Round 3

A student says to another person in the chat:

oh that's what you're deciding to wear... interesting

DIRECT ✓

INDIRECT

Round 4

A student visits a peer's parent's Facebook account to find childhood photos of that peer, screenshots some of them, and shares them around school without permission.



DIRECT

INDIRECT



WHY STUDENTS USE GROUP CHATS?

Ideas from students:

coordinating group activities

sharing memes

talking about assignments or group projects

sports teams or extracurriculars

family group chats

BUT WHAT SPARKS DRAMA?

miscommunication

screenshots

cyberbullying

exclusion

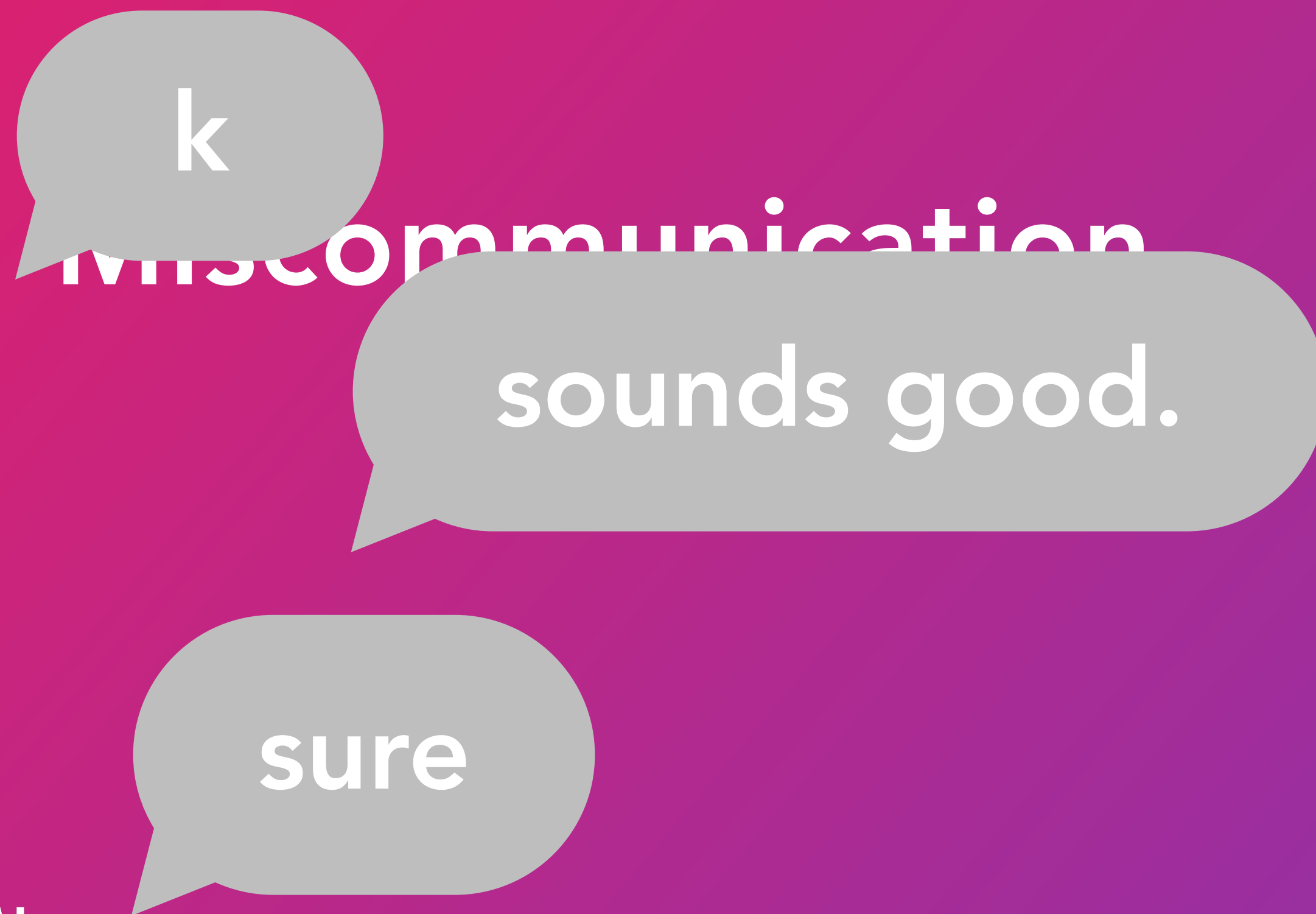
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DO's

Assume positive intent 🙄

Double check before sending 🔍

Opt for face-to-face 👤

Ask for clarification ?

Classroom Huddle

How can you tell when a message in a group chat is meant to be funny or sarcastic, versus hurtful?

Download this Student Challenge: **Translating Texts**

Challenge | Strike A Balance

We can change the meaning of a word by simply saying or typing it in a certain way. Your challenge is to translate one text message in 7 different ways, while competing with classmates!

Here's an example:

<i>Hey</i>	<ul style="list-style-type: none"><input type="checkbox"/> Neutral: Hey<input type="checkbox"/> Uninterested: Hey.<input type="checkbox"/> Authoritative: Hey!<input type="checkbox"/> Furious: Hey!!<input type="checkbox"/> Wondering: Hey?<input type="checkbox"/> Enthusiastic: Hey! 😊<input type="checkbox"/> Excited: Hey!!
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Scan this code with
your camera to
access this challenge

DO's

Reach out directly 🗨️

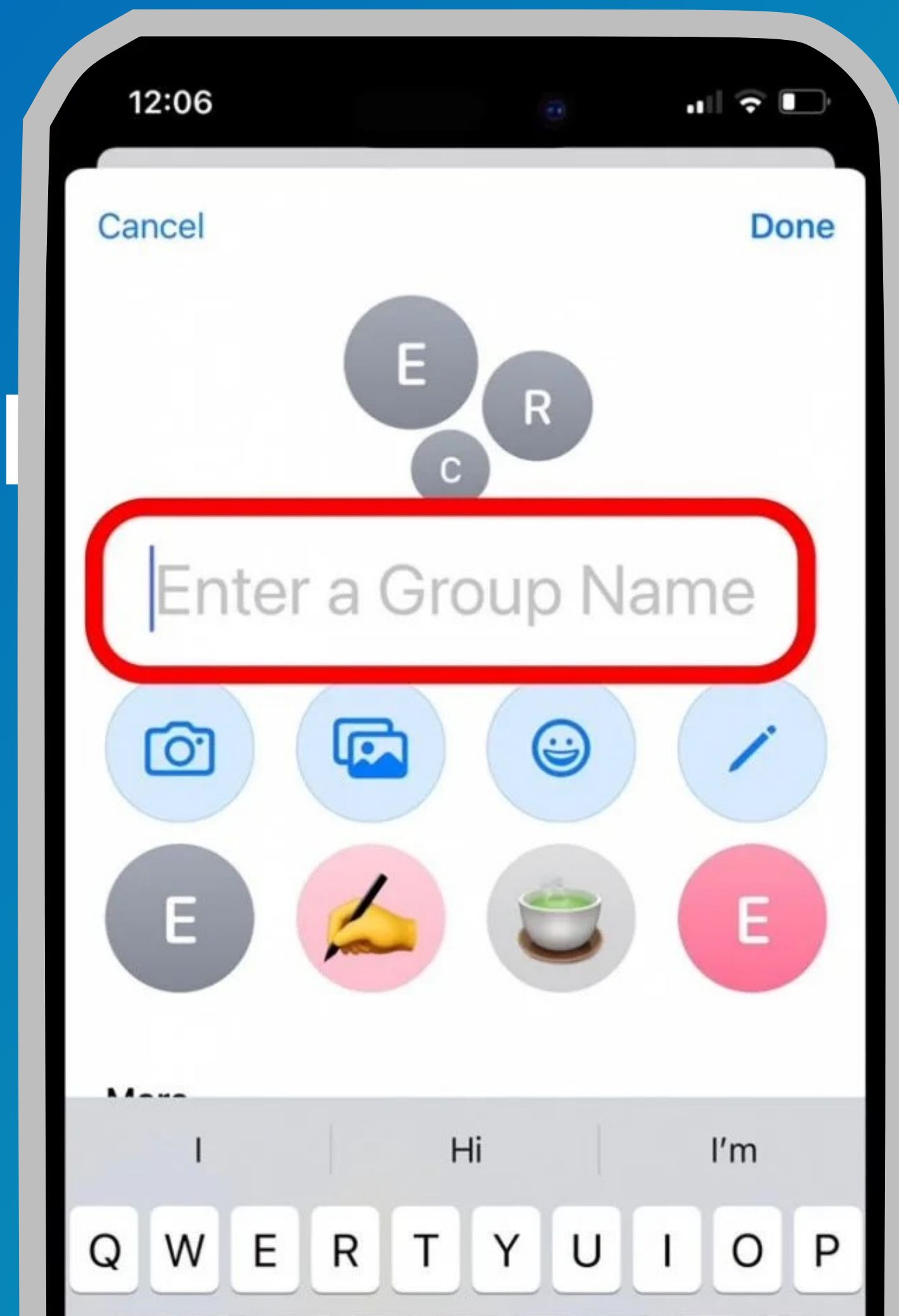
Start your own conversation NEW

Focus on other activities 🎨

Know when to opt out 🙅

Classroom Huddle

What do you think are some good ways to handle a situation where you're not invited to a group chat or conversation?



Download this Challenge: **Having An Inclusive Culture**

Challenge | Cyberback

Having an inclusive culture where everyone feels included and welcome is one of the most powerful elements of a great school. **Your challenge is to brainstorm and pitch an initiative that could enhance inclusion at our school.**

To begin, Copy or Download this document so you can edit it and follow the steps below.

Step 1

Pick one of the following topics that you believe our school can enhance.

- ☐ Helping new students at the school feel welcome.
- ☐ Coping with and discussing a sensitive current event that matters to students.
- ☐ Ensuring the dress code is fair and respectful.
- ☐ Bringing a speaker to the school that exposes everyone to new perspectives.
- ☐ Learning from others in the community with different backgrounds.
- ☐ Create your own: _____.

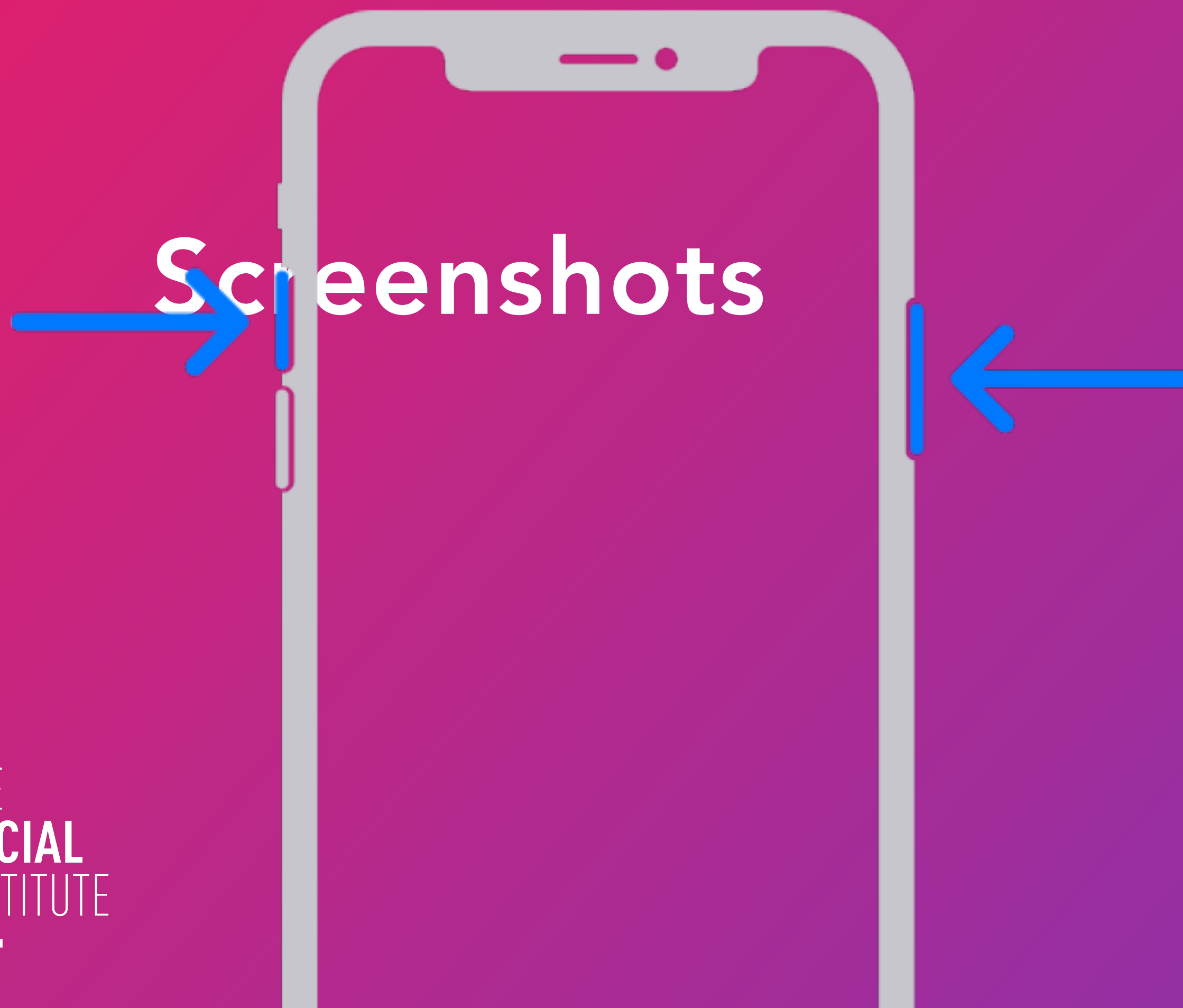
Step 2

Reflect on these questions as you brainstorm an initiative to address your topic above.

#1) Describe the problem or opportunity that you've noticed and would like to address.



*Scan this code with
your camera to
access this challenge*



DO's

Ask for permission ✓

Respect privacy 🚫

Be mindful of sensitive info 🤔

Respect boundaries 🛑

Secure your device 🔒

Classroom Huddle

What would you say to a friend who shared a screenshot of something private you said in a group chat?

you just won't get it

cyberbullying

don't invite them

loser

DO's

Know the impact of words 🗣️

Verify info before sending it 🔍

Treat others with respect 📦

Stand up against hurtful words 💪

Classroom Huddle

What kinds of messages or behavior do you think can be considered cyberbullying in group chats?

Download this Challenge: **Have a classmate's back**

Challenge | Cyberback

Your Challenge

Your challenge is to reverse gossip online by replying with positive statements about someone and having their back. After your group fills in the first text bubble, exchange papers with another group and complete the second text bubble. Use the example below as a guide.

Example:

I heard she got a 40 on the math test but it was so easy! She must be pretty dumb.

She's pretty smart though. Did you see her science project? She had the highest score in the class.

*Filled in by
one group*



*Scan this code with
your camera to
access this challenge*

GO-TO MOVES

STOP. BLOCK. TALK.

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How can we create a classroom culture that encourages students to resolve conflicts in group chats respectfully and productively?

Ideas from fellow educators:

- "I role-play conflict resolution scenarios to show students how to handle disagreements respectfully."
- "I teach students to pause before reacting emotionally in group chats to encourage calm responses."
- "I train peer mediators to help resolve group chat conflicts, promoting peer-to-peer support."
- "I check in regularly with students to encourage direct, respectful conflict resolution."

What standards, if any, do you have in place for managing student group chats during the school

Ideas from fellow educators:

day?

"Encouraging Face-to-Face Conversations"

"Incorporating Group Chats into Classroom Collaboration"

"Scheduled Check-ins"

"Encouraging screen breaks"

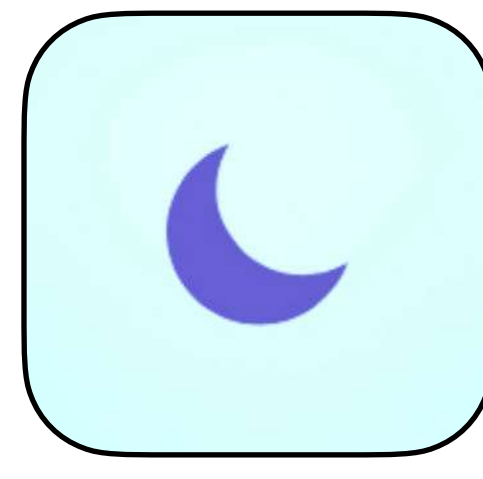
Popular apps and features students recommend:



Flora app



Forest app



Do Not Disturb feature



Student Challenge:

Analyzing and Debating the Affects of Group Chats on Friendships

Group chats have become a fundamental part of how many students maintain their friendships in today's digital age. Your challenge is to have a debate as a class about whether group chats have a mainly positive or negative effect on friendships. To begin, randomly divide the class into two groups, each with an opposing side to the question: "What effect do group chats have on friendships?" Team 1 is "Group chats HELP friendships." Team 2 is "Group chats HURT friendships." Come up with at least 3 points to support your side!

Discussion Questions:

- How do you think the size of a group chat affects the quality of your interactions with friends?
- Are there any unwritten rules or etiquette in your group chats? What are they?
- Have you ever felt overwhelmed by the number of messages in a group chat?
- In your opinion, what's more important in a group chat: maintaining peace or expressing individual opinions? Why?

How can we create a classroom culture that encourages students to resolve conflicts in group chats respectfully and productively?

Ideas from fellow students:

"I Listen carefully: Pay attention to what the other person is saying without interrupting"

Be respectful: Use kind words, a friendly tone, and "I" statements to show how you feel instead of placing blame.

Keep calm: Take deep breaths, stay relaxed, and suggest taking a short break if things are getting too heated.

Scan the QR code and fill out the post-session survey to be entered to win!

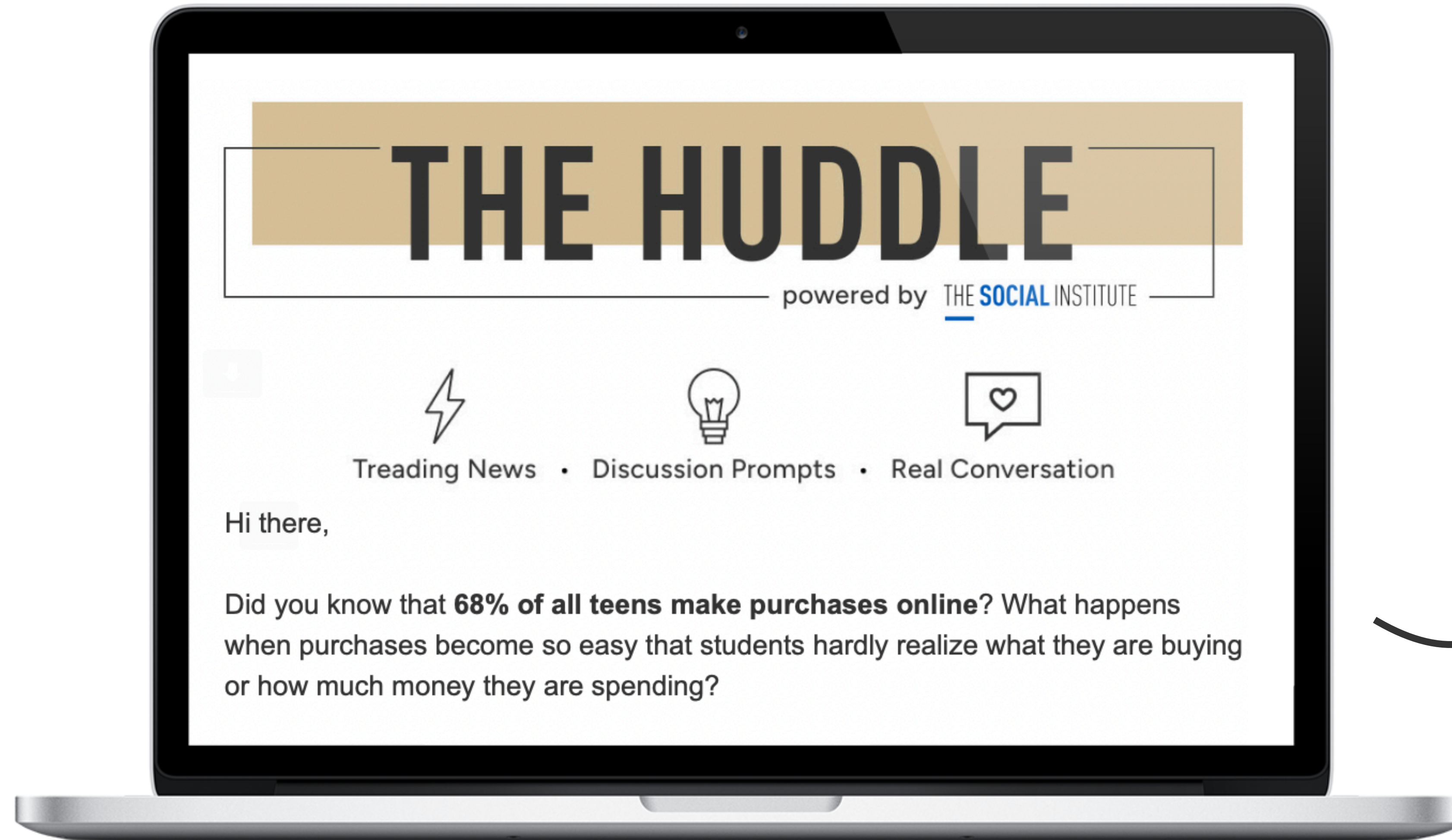
*We will draw two (2) winners.
One (1) will win a Yeti Tumbler
and one (1) will win Apple AirPods.*



*Scan this code with your camera
to fill out the survey*



Get student trends sent to you: **TSI's Weekly Huddle**



*Scan this code with
your camera to sign
up for The Huddle!*

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LET'S DO THIS!

THE
SOCIAL
INSTITUTE


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