



STOP ONLINE HARMS

Help Kids Make Better Choices!

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STUDENT PROGRAM OVERVIEW

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Developed by Stephanie Small, LMFT and Judy Rogg, MSW

Promotes Critical Thinking and Healthy Decision Making

Navigating Online Harms is a fully scripted, evidence-based prevention program that equips students with practical skills to develop critical thinking and navigate digital risks safely — without exposing them to explicit content or increasing district liability. It integrates seamlessly into existing health, counseling, or digital citizenship initiatives and is delivered by trained staff at no cost to the district.

Why It Matters

This program builds skills — not fear. Students face escalating online risks affecting learning, behavior, and mental health. Many lack the developmental maturity to evaluate long-term consequences or resist digital peer pressure.

What It Delivers

- Developmentally appropriate, trauma-informed instruction
- No explicit or graphic material
- Fully scripted for consistency and implementation fidelity
- Reinforces district safety and wellness priorities
- Encourages communication with trusted adults
- Includes optional pre-/post-survey data for accountability

Evidence-Based and Trauma Informed

All content is delivered within students' **Window of Tolerance** (Daniel Siegel, M.D.), to support learning without emotional overload.

- Prevention science best practices
- Brain development research
- Trauma-informed education principles

Student Outcomes

Students learn to recognize online risks, understand how brain development affects decisions, resist peer pressure, and make informed, healthy choices.

Demonstrated Success

Successfully implemented in multiple school districts across the United States, including Tennessee and Utah, with positive feedback from administrators, educators, parents, and students.



All Services are free of charge

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