DISCUSSION AND
STUDY GUIDE
Welcome to the ‘Cyber-Seniors Discussion and Activity Guide’.

The Cyber-Seniors Discussion and Activity Guide is designed to guide any group through discussions and activities around the following 7 themes.

1. Life-Long Learning
2. Dispelling Ageism
3. Youth Volunteerism and Community Service
4. Effective Teaching
5. Bridging the Generation Gap
6. Cyber-Safety and Etiquette
7. Documentary Filmmaking

Once you have viewed the film with your group, simply choose a theme you wish to explore, and follow along with the discussion questions and activities.

Although we have taken the liberty of suggesting which themes are best suited for specific demographics, please feel free to explore any theme or multiple themes that are pertinent to your group.

NOTE:
Before beginning your discussion, we suggest you watch the short video, which corresponds to the theme you are discussing, on the ‘Discussion/Activity Companion Disc’.
Film Information

<table>
<thead>
<tr>
<th>Title</th>
<th>A Film Directed by:</th>
<th>Produced by:</th>
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<tbody>
<tr>
<td>Cyber-Seniors</td>
<td>Saffron Cassaday</td>
<td>Brenda Rusnak, The Best Part Inc.</td>
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<td>Run Time</td>
<td>74 and 52 minutes</td>
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**Synopsis:**

This film chronicles the extraordinary journey of a group of senior citizens as they discover the world of the Internet through the guidance of teenage mentors. Their exploration of cyber-space is catapulted to another level when 89 year-old Shura decides to create a YouTube cooking video. A spirited video competition for the most “views” evolves as the cyber-seniors’ hidden talents and competitive spirits are revealed. CYBER-SENIRS provides insight into the wonderful things that can happen when generation gaps are bridged, and proves you are never too old to get ‘connected’.

**Overall Themes:**

1. Life-Long Learning
2. Dispelling Ageism
3. Youth Volunteerism and Community Service
4. Effective Teaching
5. Bridging the Generation Gap
6. Cyber-Safety and Etiquette
7. Documentary Filmmaking

<table>
<thead>
<tr>
<th>Themes</th>
<th>Applicability</th>
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<tbody>
<tr>
<td>1) Life-Long Learning</td>
<td>50 +</td>
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<td>2) Dispelling Ageism</td>
<td>All Ages</td>
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<tr>
<td>3) Youth Volunteerism and Community Service</td>
<td>High School/College/University</td>
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<td>4) Effective Teaching</td>
<td>High School/College/University</td>
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<td>5) Bridging the Generation Gap</td>
<td>K – 12/College/University</td>
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<td>6) Cyber-Safety and Etiquette</td>
<td>All Ages</td>
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<tr>
<td>7) Documentary Filmmaking</td>
<td>High School/College/University</td>
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Applicability:
The film can be used to inspire older adults to become life-long learners and as a discussion tool for determining the challenges and benefits of learning to use the Internet.

Learning Objectives:

• To bring awareness to the fact that age is not a factor in learning.
• To gain an appreciation for the relevance and benefits of using the Internet and technology in later life.
• To learn how to access resources focused on teaching older adults about technology and the Internet.

Discussion Questions:

1. Discuss the significance age plays in learning new skills.
2. Brainstorm the benefits of continuing to learn new skills as we age.
3. List the challenges older adults face when learning new skills (particularly technology) and suggest ways in which to best overcome these challenges.
4. Discuss how the Internet can be used by older adults to expand their physical and social reach.

Activities:

• Download the Participant’s Handbook on the Cyber-Seniors website. You can do this by logging onto cyberseniorsdocumentary.com, go to the ‘Get Involved’ tab on the left hand side and click ‘Become a Cyber-Senior’. On the right hand side of that page you will see an option to download the Participant’s Handbook.

• Search for Cyber-Seniors resources in your community on the Cyber-Seniors website. To find resources in your community simple go back to the ‘Get Involved’ tab on the left and click the Partner Directory tab. Once you’re on the page type in your zip/postal code or city. Also click on the Learning Centre tab on the left to access teaching resources.
Dispelling Ageism

Applicability:

The film can be used to examine the diversity of people at different ages and to dispel negative stereotypes.

Learning Objectives:

• To explore ageism by recognizing the existence of age stereotypes (for both teenagers and senior citizens) and the negative effect ageism has on our society.

• To identify the differences and the similarities between teenagers and senior citizens.

• To learn how to embrace the differences and use the similarities to bridge the generation gap.

Discussion Questions:

1. Discuss negative stereotypes for teenagers and senior citizens and how the characters in the film differ from these stereotypes.

2. Create a list of the differences and similarities that exist between teenagers and senior citizens and discuss how to use similarities to bridge the generation gap.

3. Discuss the value that each age group brings to society and how we can work together to make sure these positive attributes are recognized in our communities.

Activities:

• Take a picture or create a short video of a senior citizen that dispels a negative stereotype and post it on social media. Do the same for a young person.

• Visit a local retirement home or nursing home with a group of friends and discuss (with a group of senior citizens) the positive contributions each age group makes to society and how we all benefit it.
Youth Volunteerism and Community Service

Applicability:

The film can be used to inspire young people to make a difference in their community and provide resources to get involved in a rewarding community service project.

Learning Objectives:

• To understand the importance of community service and the significance it plays in building strong communities.

• To recognize the fact that today's youth have a responsibility (because of the knowledge they have inherited) to play a leadership role in teaching older adults how to use technology.

• To explore the different ways that young people can have a positive impact on their community.

Discussion Questions:

1. Identify examples of effective and non-effective teaching styles depicted in the film.

2. Identify barriers older adults face in learning new skills and discuss techniques that can be used to overcome those barriers.

3. Discuss why planning is important and review the key components of creating a lesson plan.

Activities:

• Role play by taking turns answering questions that an older adult might ask when learning about the Internet. Provide feedback to one another. Here are some suggested questions:
  1. What is the Internet? Where is the Internet? And how did all the information get on the Internet?
  2. What is an email? What is a webpage? And what is the difference between an email and a webpage?
  3. What is facebook? What is twitter? What is the purpose of using a hashtag?

• Create a lesson plan or two minute YouTube tutorial on a topic you think older adults would benefit from and email us (info@cyber-seniors.ca) for instructions on how to upload it to our website.
Bridging the Generation Gap

Applicability:

The film can be used to illustrate why the generation gap exists and approaches that can be used to narrow it.

Learning Objectives:

• To examine the reasons why the generation gap exists.
• To identify ways in which the generation gap can be reduced.
• To gain a better understanding of the benefits of narrowing the generation gap.

Discussion Questions:

1. Did you see a narrowing of the generation gap throughout the film and if so what caused it to narrow?

2. How did the teenagers’ attitudes toward the seniors change throughout the film? And what caused their attitude to change?

3. Identify differences in technology, world events and family structures, today versus 60 to 70 years ago.

Activities:

• Host a multi-generational event (such as a screening of Cyber-Seniors) that brings multiple generations together for a celebration.

• Spend time with someone from another generation and compare the type of technology, music, fashion, etc. that existed when they were your age.
Cyber-Safety and Etiquette

Applicability:
The film can be used to bring awareness to and lead a discussion on the importance of cyber-safety and etiquette.

Learning Objectives:

• To identify what is safe and what is deemed dangerous on the Internet.
• To learn techniques for staying safe and protecting your privacy online.
• To distinguish what is and what is not appropriate to say and post online.

Discussion Questions:

1. Identify security and privacy tips that you would give to someone who is new to the Internet?

2. Discuss experiences you have had in which something you have sent via an email or posted on social media has been misinterpreted OR an experience you have had in which you were the target of an Internet scam and what you learned from that experience.

3. Compare and contrast proper use of social media vs. inappropriate uses.

Activities:

• Compare advertisements, sites, and other popups to see which one’s are safe/legitimate and which ones could harm you and/or your computer.

• Role-play how to deal with inappropriate conduct on the Internet.

• Create a lesson plan or two minute YouTube tutorial on Cyber-Safety and Etiquette and email us (info@cyber-seniors.ca) for instructions on how to upload it to our website.
Documentary Filmmaking

Applicability:
The film can be used to examine the structure of a character-driven documentary, as well as the documentary filmmaking process.

Learning Objectives:

• To explore the format of a character-driven documentary.
• To explore the use of humor and personal narratives in documentary storytelling.
• To understand the process of creating a documentary film.

Discussion Questions:

• Identify the story and character arcs of the film and discuss how they were achieved.
• Discuss the filmmaker's decision to include humor and personal subject matter to tell the story.
• Review and discuss the process the filmmaker used in creating this documentary film.

Activities:

• Visit www.youtube.com/cyberseniors to view the short videos director Saffron Cassaday created during the editing process and explore how they were used as ‘anchors’ in the editing process.
• Organize a Q&A via Skype with Saffron Cassaday, director of Cyber-Seniors to discuss the approach she took in creating this film. Contact info@cyber-seniors.ca.
Regardless of whether you use this Discussion and Activity Guide to assist in a post-screening conversation or lesson, here are some fun activities we encourage you to participate in which will help us reach our campaign goal of bridging the digital divide.

**We believe that step one is inspiration, and step two is action. And that together, we can create change.**

Get involved individually, or as a group, by reaching out to seniors who need a digital helping hand.

- Take the Pledge to help an older adult get online - teach one of your grandparents, volunteer at a center that offers computer training for seniors or start your own Cyber-Seniors program. Access free resources from the “Cyber-Seniors” website to help you achieve your goal.

- Organize a Presentation to help spread the word by downloading a Video Presentation and Community Outreach Tool Kit from the “Cyber-Seniors” website.

- Host a Screening in your community to spark a conversation and stimulate intergeneration collaboration.

- Create a YouTube Teaching Tutorial to teach an older adult a new cyber-skill. Send it to us and we will post it on our website.

- Produce a YouTube Video featuring an older adult sharing his/her wisdom or humor and we will feature it on the ‘Cyber-Seniors Corner’ You Tube channel - [www.youtube.com/cyberseniorscorner](http://www.youtube.com/cyberseniorscorner).

[www.cyberseniorsdocumentary.com](http://www.cyberseniorsdocumentary.com)

**Watch For New Resources and Upcoming Contests**

For more information contact us at:
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416-572-2787