Raising our children to become digital citizens
How to help them make safe, responsible and respectful choices online

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Digital life is everywhere…

And it's here to stay!

Why talk about digital citizenship?

« In this increasingly global world of information, students must be taught to seek diverse perspective, gather and use information ethically and use social tools responsible and safely »

American Association of school librarians, Standars for the 21rst century learner

A digital citizen knows how to harness the power of technology safely, respectfully and responsibly.

Why talk about digital citizenship?

Potential risks are high:

- Identity theft
- Viruses and spyware
- Online predator
- Cyberbullying

Potential emotional disturbances:

- Tantrums
- Addictive type behaviours
- Nightmares
- Aggressive behaviour
- Anxiety disorders

Almost all families experience frequent conflicts because of screens

What place do we want to give digital life for our family?

Is technology taking over our daily family interactions?

[Video Growing up social](#)

Managing the Digital Family

Screens and screen time

What counts as screen time and why the need to monitor it?

Consider how much screen time you and your children experience each day...

Links to sleep problems, behavior and aggression, obesity, lack of play skills in pre schoolers...

How much screen time is ok?

- Under 2s: no screen time
- School age : 2 hours max

- Common sense/balanced approach

Rules and family contracts

It is essential to establish family rules:

- Screen time in mid-week

- Where are we allowed to access our devices?

- Age at which allowed to have a mobile, Facebook/Instagram/Twitter account

- Apps/Games that are allowed – use www.commonsensemedia.com

- Parents must have access to all passwords

- Online manners

Keeping our Children Safe

Things to consider…

- Privacy settings – help establish and discuss who can view what you share
- Personal information
- Discuss what is suitable to share and with whom

- Grooming – connect with only those known to us
- Inappropriate material - use parent controls where possible
- Monitor chat options on online gaming. Restrict if you can for under 12s
- Childnet.com

'Keeping an open dialogue with children about their online experience is key'

Basic Rules for Online Safety

- Follow your family's rules about when and where to use the Internet.

- Be polite, kind, and respectful.

- Understand a website's rules, and know how to flag other users for misbehavior.

- Recognize "red flags," including someone asking you personal questions such as your name and address.

- Never share your name, your school's name, your age, your phone number, or your email or home address with strangers.

- Never send pictures to strangers.

- Keep passwords private (except from parents).

- Never open a message from a stranger; it may contain a virus that can harm a computer.

- Immediately tell an adult if something mean or creepy happens.

Cyber-bullying

What is it?

« The use of digital tools to deliberately and repeatedly hurt, harass or embarrass someone else. »

In primary school:

- Name-calling or hurtful comments in messages, games, emails

- Using another child's password
        to cheat in online games
        get the other child in trouble with friends or family
        send fake messages

- Targets will experience sadness, social anxiety or acting out

- Most common in secondary school but is now appearing also with primary chidlren

What makes it different from bullying?

- It can happen 24 hours a day, 7 days a week

- It is much easier to say something mean on a screen than face-to-face

- Messages can be distributed quickly to a wide audience

- Deleting inappropriate messages or pictures is extremely difficult after they have been posted or sent

- It can easily be anonymous

- It will be more difficult to feel empathy

Preventing it

Golden rules for children:
- Think before you click
- Only connect with friends and family
- Stay polite and respectful
- Don't share your password
- Keep your settings private
- If you wouldn't say it to a person's face, don't say it online

Golden rules for parents:
- Give a good example
- Establish clear rules and consequences
- Promote family quality time offline

Digital citizenship education at JPS