Responsible Use of Technology Resources
for Students and Families

[Digital Citizenship](#) is important for our every day for our students, but it is particularly important when we are learning online. Please feel free to use these digital citizenship videos and family activities to discuss responsible use of technology with your child.

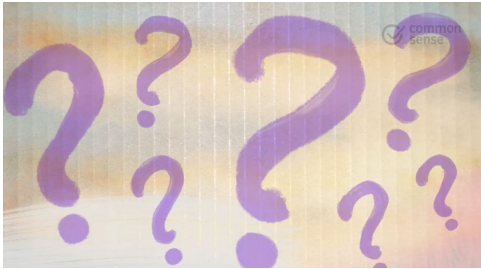## Digital Citizenship Resources Table of Contents

[Responsible Use of Technology for Students Google Slides Presentation](#)
- This presentation covers the Do's and Don'ts of technology use, as well as student rights and responsibilities. There are optional activities at the end for enrichment.

Pre K - 2nd Grade Digital Citizenship Resources

Media Balance Is Important 	The Digital Citizens explore the concept of media balance, teaching students how to be mindful of their tech use and how it makes them feel. Through this fun song, students will start to think about how to find a happy balance between their online and offline activities! Family Activity
Pause & Think Online 	From our head down to our toes, and our feet up to our nose, the Digital Citizens teach students how to be safe, responsible, and respectful online. Family Activity
We The Digital Citizens 	Students explore the amazing possibilities that come with using technology. They'll also learn from the Digital Citizens, who take a pledge to be safe, responsible, and respectful when traveling through the online world. Family Activity

3rd - 5th Grade Digital Citizenship Resources

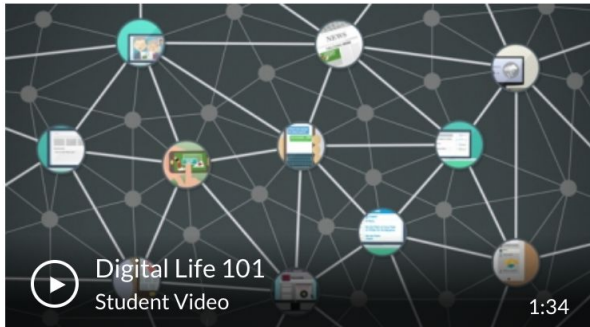|	
[Private and Personal Information](#)	It's in our nature to share and connect with others. But for kids, sharing information online can come with risks. So, how do we teach our children to build strong, positive, and safe relationships online? Help your kids learn the difference between what's personal and what's best left private. [Family Activity](#)
[My Media Balance](#)	Every day, we make choices about the media we consume and create. But do our students actually understand what makes their media choices healthy or not? Here's a hint: It's about a lot more than just screen time. Use this video to give your students a framework for making informed media choices and to help them find media balance in their lives. [Family Activity](#)
[What is Cyberbullying?](#)	It's an unfortunate truth of the internet: Some online spaces can be full of negative, rude, or downright mean behavior. But what kinds of behaviors qualify as cyberbullying? Help your child learn what is -- and what isn't -- cyberbullying, and give them important tools they'll need to combat the problem. [Family Activity](#)

6th - 8th Grade Digital Citizenship Resources

The Power of a Digital Footprint You leave a footprint	Help your child think carefully before posting and sharing! This video is all about the digital footprint we all leave behind online. Family Activity
Digital Life 101 Digital Life 101 Student Video — 1:34	We use digital media every day, from texting, streaming TV shows, and gaming, all the way to using voice assistants or ordering our food online. For today's kids, it's a lot more than just "screen time." So how can we help kids balance their online and offline lives? It starts with recognizing just how much media we use. Family Activity
Dealing with Digital Drama FRIENDSHIPS Teen Voices: Dealing with Digital Drama Student Video — 3:56	Miscommunication is a common occurrence online and on social media. Plus, being behind a screen makes it easier to say things they wouldn't say in person. So how do we help students avoid the pitfalls of digital drama? Help them learn tips on avoiding online drama in the first place and de-escalating drama when it happens. Family Activity

9th - 12th Grade Digital Citizenship Resources

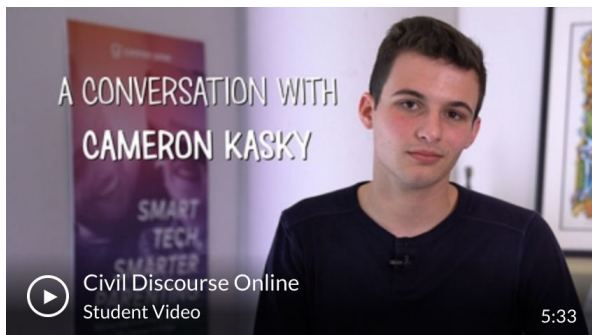|	
[The Health Effects of Screen Time](#) Screen Time: How Much Is Too Much? Student Video 5:16	The research is still out when it comes to exactly how screen time affects our health. But one area where we know it does is our sleep. Just having a device near us seems to change the way our brains work. Help students learn that being responsible with digital media means adjusting how we use it so it isn't unhealthy for our bodies or our brains. [Family Activity](#)
[Curated Lives](#) Teen Voices: Who Are You on Social Med... Student Video 5:13	Social media gives us a chance to choose how we present ourselves to the world. We can snap and share a pic in the moment or carefully stage photos and select only the ones we think are best. When students reflect on these choices, they can better understand the self they are presenting and the self they aim to be. [Family Activity](#)
[We Are Civil Communicators](#) Civil Discourse Online Student Video 5:33	After the horrific shootings at Stoneman Douglas High School in Parkland, Florida, Cameron Kasky and his classmates started the March for Our Lives movement to support legislation aimed at curbing gun violence. But jumping into a highly political debate at the national level wasn't easy. Along the way, they learned a lot about what it takes to keep debates civil -- both in person and online. In this video, Cameron shares some anecdotes and his advice on advocating for positive change and creating opportunities to find common ground with others, even in times of great disagreement. [Family Activity](#)