

Internet “Bullying” & Digital Citizenship

Children and families are living in a world that is becoming increasingly complex and technologically driven: this can create many challenges and opportunities. These challenges and opportunities provide possibilities for learning, growing, and discussion among children, families and communities.

Health and Wellness

- Brainstorm the pros and cons of access of technology related to your child’s development.
- How do you role model boundaries for your children? Is it a good idea to set time limits for yourself as a parent?

Rights and Responsibilities

- What are your child’s rights and responsibilities? What are your rights and responsibilities of internet use?
- Talk with your child about how they make decisions to post information or videos online (ie: how will that information affect the other person, do you feel pressured or uncomfortable sending information).

Law

- How would you talk to your child to help him/her understand that stealing or causing damage to other people’s work, identity, or property online is a crime?

Security

- What types of information should we be careful about sharing with others; what guidelines should we use when sharing others’ information?
- What can you put in place to protect your child from inappropriate information and unwanted attention?

Communication

- What information do you think is appropriate for your child to have access to?
- Familiarize yourself with your child’s online activities. Learn about the websites, blogs, chat rooms and cyber-lingo that he/she is using.
- Keep the computer in a common area so you can monitor activities.

Etiquette

- How do our values and ethics affect how we communicate in the digital world?
- What types of things would you discuss with your child to help him or her be a respectful citizen?
- Talk to your children about what is acceptable behaviour online and offline.

Access

- With regards to equal digital access, are there times that are more appropriate to have access to technology and other times when it’s better not to use it?
- What kinds of rules does your family have around access to technology?

Literacy

- What types of computer skills do you have access to? How do we build the skills to prepare our children to be responsible citizens with the tools to navigate in the digital world?

Commerce

- Should your child ever be able to buy things online alone? No matter what your answer is to this, what would be your process?

Healthy Communication Habits in Families

- Using both verbal and non-verbal communication.
Your child listens to what you say as well as how you say it.
- Help your child understand your questions
Providing some reasoning to your questions and guidance will help your child understand why it is important.
- Provide opportunities to talk about respect, family values and expectations.
With guidance, your child will learn how their actions affect others and to appreciate what their role is within the family
- Hear your child's stories and questions.
Ask questions and offer parental advice along the way, but provide children with opportunities to share their thoughts and feelings.



Healthy Communication Tools:

- Be clear and consistent with requests
- Provide encouragement and feedback
- Recognize good qualities and effort
- Use active listening (nod, eye contact if appropriate, etc.)
- Seek time to talk one-on-one
- When there is a need to provide feedback, focus on the child, and not the behaviour (ie: "I feel ____ when ____")
- Use empathy and understanding.

Parent/Child Activities

Spot the Ad: Visit different websites with your child and help identify advertising in banner ads, how advertising products are placed to sell, and discuss the impact and purpose of games advertising products. Your parental guidance will help your child determine which website links are safe to use and which ones pose hazards.

Set the Direction: Help direct your child by exploring websites that are fun and educational. Some websites pose different developmental opportunities than other web sites. You can use teachers, other parents or librarian for supportive web site suggestions. You may want to explore some websites yourself to familiarize yourself with what your child is using and seeing.

Monitoring Tools for Families

Check Your History: Your computer can keep track of websites which have been visited. Most computers will store this history until you remove it. Becoming familiar with the sites your child visits online will help you understand the impact of the internet tools your child is using.

Set For Safety: Your child can be exposed to many different influences on the internet. Use parental safety features such as filtering options for unwanted web sites or privacy settings for your child's social networking activities. Discover how personal or computer tracking information is used and stored. This will help you set guidelines for your child's internet use and online product purchasing.

Family Session Tip Sheet



Digital Citizenship Plan

- ☐ I will make a plan with my parent(s)/guardian(s) around technology use (time, location, turning my phone off or leaving it in the kitchen at bedtime, online purchasing, etc.) at home.

Plan Details:

- ☐ I understand that my phone and/or other tech-device will be turned off at bedtime and I will not use it.
- ☐ I understand, we have an “open phone/technology” policy. That means my parent(s)/guardian(s) can review my calls, texts, emails and/ or _____ whenever they want.
- ☐ In my family, we always use passwords and we change them often. I will not give out my passwords to anyone – even best friends – other than my parent(s)/guardian (s).
- ☐ If a stranger ever contacts me or texts me I will show my parents.
- ☐ I will not fight, swear or gossip in emails or IMs. We never respond to inflammatory, obscene or insulting emails or to messages that are mean or in any way make us feel uncomfortable.
- ☐ If someone is mean to me online, I won’t respond. I’ll tell my trusted adult so we can make a plan to work together to solve the issue.
- ☐ If I see someone being mean to another person online, I will tell a trusted adult to get help.
- ☐ I will speak up and tell someone if I see something on the internet that is wrong, inappropriate or criminal in nature. I will be a good online citizen, and not do anything that hurts other people or is against the law.
- ☐ I will not post or share personal pictures of myself or others on the Internet or by phone

_____ .



Family Session Tip Sheet



- ☐ We do not give out personal identifying information such as our name, address, date of birth, school name and/or phone number on a website or to people we meet online.
- ☐ If someone asks me something inappropriate when I am online, I understand that I need to tell my parent(s)/guardian (s). I also know I will not get in trouble and that telling my parent(s)/guardian(s) helps keep me safe and builds trust.
- ☐ I will not lie about my age to join any website and understand that the rules are designed to help keep me safe.
- ☐ I never download pictures, freeware, shareware, or text, from unknown sources, or websites we don't trust. We understand that plagiarism is cheating and pirating music, movies, and games is stealing.
- ☐ I will never open email attachments from an unknown person or company. I do not follow links to websites through email or click on pop-ups.
- ☐ I never respond to spam or junk mail. I keep my primary email address only for use by my friends and family.
- ☐ I understand that there are consequences for not following these rules. Those consequences may include things like losing the privilege to use my phone or computer.
- ☐ I understand this digital citizenship plan is for my well being and safety because my parent(s)/caregiver(s) love me.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Child's Signature

Date

Parent's Signature

Date

