

CONTINUE THE CONVERSATION

LOWER ELEMENTARY PARENT GUIDE

In these early grades, students are introduced to what it means to be a Digital MVP—safe, respectful, and responsible online. Through playful metaphors like sports teamwork and real-world comparisons, children understand how to protect their privacy, recognize kind behavior, and build good digital habits. This guide will help you reinforce those big ideas in simple, age-appropriate ways.

MODULE ONE

Digital Citizenship Overview

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In this module, students learn what it means to be a **Good Digital Citizen**—someone who uses the internet safely, responsibly, and respectfully. Through sports team comparisons, students are introduced to the idea of having a “game plan” for their online behavior. They’re encouraged to become a **Digital MVP** by following three key rules:

- **Be SAFE:** Only interact online with people they know in real life, never share personal information, and only use age-appropriate apps, games, and websites.
- **Be RESPONSIBLE:** Make smart online choices and take good care of digital devices.
- **Be RESPECTFUL:** Follow the Golden Rule online by thinking before posting and always being kind.

The lesson emphasizes that just like in sports, teamwork, rules, and positive actions help everyone succeed—both on the field and online.

Questions to Talk About with Your Child

- 1 *What does it mean to be a Digital MVP?*
- 2 *Why is it important to only talk to people online that you know in real life?*
- 3 *Can you think of an example of being respectful online? What about being responsible?*
- 4 *What is your “game plan” for staying safe and kind when using the internet?*

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UPPER ELEMENTARY PARENT GUIDE

As students become more independent online, they explore important digital topics like privacy, media messages, password safety, and age-appropriate use. They also learn the value of being kind online and how to respond if they encounter cyberbullying. Use this guide to support your child in forming positive online habits and navigating their digital world with care and confidence.

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In this module, students explore how technology—especially Artificial Intelligence (AI)—is a powerful part of their lives. Technology is all around them, from facial recognition and navigation to virtual assistants like Siri and Alexa. But with that power comes responsibility.

Students are introduced to the idea of being **Good Digital Citizens**, which means using the internet and technology in **safe, responsible, and respectful ways**.

They learn that being a Good Digital Citizen includes:

- **Staying SAFE** by not sharing personal information, only interacting with people they know in real life, and sticking to age-appropriate websites and apps.
- **Being RESPONSIBLE** means thinking before posting online, following rules, and caring for their devices.
- **Showing RESPECT** by treating others kindly online, thinking before they post, and using positive language—just like they would in person.

This lesson reminds students that while technology is a fantastic tool, it should always be used wisely to help themselves and others.

Questions to Talk About with Your Child

- 1 *What are some ways you use technology every day?*
- 2 *What does it mean to be a "Good Digital Citizen"?*
- 3 *Why is it important to only talk to people you know in real life online?*
- 4 *What could happen if someone lies about their age when using a website or app?*
- 5 *How can you show respect when using a game or app?*

CONTINUE THE CONVERSATION

JUNIOR HIGH PARENT GUIDE

During these years of rapid change and growing curiosity, students dive deeper into concepts like digital footprints, media literacy, AI-generated content, and tech laws. They learn how to think critically, set healthy boundaries on social media, and recognize their role as upstanders. This guide will help you continue those conversations at home—encouraging thoughtful reflection and safe decision-making.

MODULE ONE

Digital Citizenship Overview

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Digital Citizenship Overview

In this lesson, students explore the five key characteristics of digital citizenship:

- **Honesty:** Being truthful about their identity and online interactions.
- **Compassion:** Thinking before posting and treating others with kindness.
- **Respect:** Understanding that online actions have long-term consequences and avoiding cyberbullying.
- **Responsibility:** Protecting personal information and managing privacy settings.
- **Courage:** Standing up against online bullying and making safe choices online.

By developing these traits, students can make the internet a safer, more positive place for themselves and others.

Questions to Talk About with Your Child

- 1 *Why is it important to be honest online, and what are some examples of online dishonesty?*
- 2 *How can we show compassion in our digital interactions, especially when we disagree with someone?*
- 3 *What are some ways to show respect online, and how do online actions have long-term consequences?*
- 4 *Why is it important to protect personal information online, and what are some ways to do this?*
- 5 *What would you do if you saw someone being cyberbullied? How can you show courage in those situations?*

Encourage your child to think critically about their online choices and practice these values in their digital interactions!

CONTINUE THE CONVERSATION

HIGH SCHOOL PARENT GUIDE

High school students learn how their digital actions can shape their future. They explore real-world consequences tied to social media use, privacy choices, online safety, and their digital reputation. From job and college applications to navigating complex online interactions, students are challenged to think long-term. These conversation starters will help you guide your teen through more nuanced topics and support their growth as responsible digital citizens.

MODULE ONE

Digital Citizenship Overview

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Digital Citizenship Overview

This first module introduces students to the foundational principles of being a responsible digital citizen. It emphasizes the importance of using technology to support learning and well-being while addressing the risks of excessive screen time and the impact of social media on mental health. Students are encouraged to reflect on how they spend their time online and are introduced to five core traits of responsible digital behavior: **Honesty, Compassion, Respect, Responsibility, and Courage**. The module also reminds students that **nothing is ever really private** and **everything is permanent** in the digital world. These principles help students make wise, ethical choices and understand the long-term impact of their online actions.

Our goal is to make the digital world safer and happier by learning to be responsible digital citizens. By following these lessons, students learn how to navigate the digital world responsibly and make it a better place for everyone.

Questions to Talk About with Your Child

- 1 Which of the five traits (honesty, compassion, respect, responsibility, or courage) do you think is the most important in digital spaces, and why?
- 2 Have you ever seen someone online act courageously, like standing up against cyberbullying or reporting harmful content? If so, what happened?
- 3 How much screen time do you think is healthy each day? What are some ways we could encourage better screen habits at home?
- 4 Why do you think it's important to remember that "nothing is private" and "everything is permanent" online?
- 5 Can you think of an example of when being honest or respectful online made a difference in your life or someone else's?