

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 FOUR

Digital World Basics

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Digital World Basics

In this module, students learn two essential skills for staying safe online: **creating strong passwords** and **avoiding online strangers**. They're reminded that a solid game plan helps them protect themselves in the digital world, just like in sports.

Students discover that a **password** is like a house key—it keeps their personal information and accounts safe. A strong password should:

- Be at least eight characters long
- Include letters, numbers, and symbols
- Avoid easy-to-guess information like names or favorite sports
- Be kept private (only shared with a parent or guardian)

They also learn about the risks of interacting with **strangers online**, especially in games with chat features. Since people can pretend to be someone they're not, students are taught the following guidelines:

- Never use their real name or photo as a username or profile picture.
- They should only play games with people they know in real life.
- Always get help from a trusted adult if something feels off or uncomfortable.
- Never share personal information like their name, address, or school.

Students can be safe and smart Digital MVPs by using **strong passwords** and avoiding **online strangers**.

Questions to Talk About with Your Child

- 1 *Why is it important to have a strong password?*
- 2 *What makes a password strong or weak?*
- 3 *What should you do if someone you don't know sends you a message in a game?*
- 4 *Why should you never share your real name or photo when playing games online?*

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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.

MODULE FOUR

Digital World Basics

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Digital World Basics

In this module, students learn two essential safety skills for navigating the digital world: **creating strong passwords** and **staying safe from online strangers**.

Students are reminded that a password is like a key—it protects their personal information, just like a hotel key keeps belongings secure. However, not all passwords are created equal.

A **strong password** should:

- Be at least **12 characters long**
- Include **letters, numbers, and symbols**
- Be **hard to guess and different** for each online account
- **Never** include personal info like names or birthdays
- Be **shared only** with a parent or guardian

They also learn the dangers of **weak passwords** through a story about a student whose account was accessed and misused—damaging his reputation.

The second part of the lesson focuses on **online stranger safety**, especially in gaming environments where students are most likely to encounter people they don't know.

Students are reminded that:

- People online can **pretend to be anyone**
- A “friend of a friend” is still a **stranger** if you don't know them in real life
- Strangers may ask for **personal information** or trick kids into unsafe conversations

Students are taught to:

- Stick to **age-appropriate games**
- **Ask permission** before creating any account
- Use **fake usernames** and **avatars**, not real names or photos
- **Keep settings private**
- **Tell an adult immediately** if anything online makes them uncomfortable

Students can protect themselves and have fun safely by using strong passwords and staying cautious around online strangers.

Questions to Talk About with Your Child

- 1 *What makes a password strong or weak?*
- 2 *Why should you never use your real name or photo in a game?*
- 3 *Have you ever seen a game or app asking for your personal information? What did you do?*
- 4 *What should you do if someone online says they're a kid, but you don't know them?*
- 5 *How can we work together to keep your online accounts safe?*

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 FOUR

Social Media

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Social Media

In this lesson, students explore both the benefits and risks of using social media, along with how to use it safely, responsibly, and in a way that protects their well-being.

Key ideas include:

- **COPPA:** The Children's Online Privacy Protection Act requires users to be at least 13 to create social media accounts.
- **Privacy settings:** Protect personal information by setting accounts to private.
- **Posts are never truly private:** Think before sharing personal details or strong emotions.
- **Healthy boundaries:** Control who you follow, how much time you spend online, and how to respond to negative content.
- **Self-worth:** Likes and followers don't define you—take breaks from social media to protect your mental health.

By understanding these practices, students are better equipped to enjoy social media in a way that is safe, respectful, and good for their overall well-being.

Questions to Talk About with Your Child

- 1 *What are some risks of using social media, and how can privacy settings help protect you?*
- 2 *Why is it important to think before you post—even if you plan to delete it later?*
- 3 *What kind of personal information should you avoid sharing online, and why?*
- 4 *How can you set healthy boundaries when using social media (like who to follow or how much time to spend)?*
- 5 *What should you do if something online makes you feel uncomfortable or unsafe?*

Encourage your child to talk openly about their social media use and to take breaks when needed to support their mental health!

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 FOUR

Social Media

MODULE FOUR

Social Media

In this module, students take a deep dive into the role social media plays in their lives—both its benefits and potential risks. With teens spending over two hours a day on various platforms, the lesson encourages them to develop healthy habits, set boundaries, and understand the long-term effects of their posts. Students learn that words matter, privacy settings help but aren't foolproof, and everything online is permanent. Real-world examples show how inappropriate posts, even in "private" settings, can lead to serious consequences. Students are reminded that their worth isn't defined by likes or followers and are encouraged to prioritize character and real-world relationships. The module also reinforces digital safety practices such as strong passwords, two-factor authentication, and auditing old posts to align their digital footprint with who they are and want to become.

Questions to Talk About with Your Child

- 1 *How do you think social media influences how teens see themselves and others?*
- 2 *Have you ever seen or experienced someone being mistreated online? How did you respond?*
- 3 *Why is it important to set social media accounts to private, and what are the limitations of privacy settings?*
- 4 *What are some ways to make social media a more positive, encouraging space—for yourself and others?*
- 5 *How can we ensure our online presence reflects our identity and supports our future goals?*