

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 EIGHT

Review

MODULE EIGHT

Review

In this final module, students review everything they've learned throughout the year about becoming Digital MVPs—people who are Safe, Responsible, and Respectful online.

Being SAFE online means:

- Creating strong passwords and keeping them private
- Avoiding online strangers and never sharing personal information
- Only using websites, apps, and games that are right for their age
- Choosing profile pictures and usernames that protect their identity

Being RESPONSIBLE online includes:

- Following age restrictions (like not using social media before age 13)
- Taking care of devices and using them properly
- Protecting their digital footprint, which is permanent and shows who they are online
- Using the 3 P's to guide their behavior:
 - Privacy – Keep info private
 - Positive – Be kind and encouraging
 - Permission – Ask before downloading, signing up, or sharing

Being RESPECTFUL online means:

- Treating others kindly and thinking before posting
- Never engaging in cyberbullying
- Being an Upstander—someone who helps stop bullying instead of just watching
- Following the four steps if they are ever bullied: STOP, SHOW, BLOCK, and SHARE

By practicing these three qualities, students have built a strong foundation for being safe and successful digital citizens—just like true MVPs on and off the field.

Questions to Talk About with Your Child

- 1 *What does it mean to be a Digital MVP?*
- 2 *What are some examples of being safe online?*
- 3 *Why is your digital footprint important?*
- 4 *How can you be an Upstander if you see someone being bullied online?*
- 5 *Which of the 3 P's—Privacy, Positive, Permission—is most challenging to remember?
How can we work on it together?*

CONTINUE THE CONVERSATION

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 EIGHT

Review

MODULE EIGHT

Review

In this final module, students review everything they've learned throughout their digital citizenship journey. They're reminded that a **Good Digital Citizen** is someone who helps make the online world a better place by being:

- **SAFE**
- **RESPONSIBLE**
- **RESPECTFUL**

Being SAFE online includes:

- Creating **strong passwords** (12+ characters, using letters, numbers, and symbols)
- **Never sharing personal information** like their full name, address, or school.
- **Avoiding strangers online** and only using age-appropriate apps and games.

Being RESPONSIBLE online means:

- Following age restrictions, especially for social media (age 13 and up, per **COPPA**)
- Protecting their **Digital Footprint**. The permanent trail of what they post, say and share online.
- Remembering the **3 P's**:
- **Privacy** – Keep personal info private
- **Positive** – Be kind and thoughtful
- **Permission** – Ask a parent or guardian before sharing or downloading anything

Being respectful online means treating others with kindness and following the Golden Rule: Be Kind Online. Students are reminded not to participate in cyberbullying and to be an **Upstander** if they see it happening.

If they're ever the target of cyberbullying, they should:

- **STOP** – Don't respond
- **SHOW** – Tell a trusted adult
- **BLOCK** – Remove the bully from their online spaces
- **SHARE** – Talk to a friend or someone they trust

The lesson ends with a reminder to **balance screen time** and enjoy life offline!

Questions to Talk About with Your Child

- 1** Which of the five traits (honesty, compassion, respect, responsibility, or courage) do you think is the hardest to practice online—and why?
- 2** What steps could you take this summer to clean up or improve your social media accounts?
- 3** How can you tell if the online information is real or misleading? What tools or methods help you check?
- 4** What habits help you keep a healthy balance between screen time and real-life activities?
- 5** How can we, as a family, encourage each other to be responsible and thoughtful digital citizens—even during summer break?

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 EIGHT

Review

MODULE EIGHT

Review

In this lesson, students review the five key qualities of being a good digital citizen:

- **Honesty:** Being truthful about your identity and age online.
- **Compassion:** Thinking before posting to ensure your words are kind and respectful.
- **Respect:** Setting boundaries and respecting both others and yourself online.
- **Responsibility:** Protecting personal information and staying away from online strangers.
- **Courage:** Standing up for what's right, including calling out cyberbullying.

By incorporating these qualities into their online behavior, students positively influence their digital communities and navigate the online world responsibly, kindly, and respectfully.

Questions to Talk About with Your Child

- 1 *What are some ways you can practice honesty online? Why is it important to be truthful about your age and identity?*
- 2 *How can your words online impact others? What are some ways you can show compassion?*
- 3 *What boundaries do you want to set for yourself online?*
- 4 *How do you protect your personal information when you're online?*
- 5 *When have you seen someone show courage online? What did they do?*

Encourage your child to reflect on what it means to be a positive and thoughtful digital citizen!

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 EIGHT

Review

MODULE EIGHT

Review

This final module wraps up the year by revisiting the key digital citizenship topics students have explored: privacy, media literacy, cyberbullying, social media, digital reputation, and tech laws. Students are reminded of the five core traits of a responsible digital citizen—honesty, compassion, respect, responsibility, and courage—and how these values apply to their online behavior. The module reviews best practices for protecting privacy, recognizing and reporting harmful behavior, understanding copyright and plagiarism, and staying mentally healthy by setting screen time limits. Students are encouraged to take control of their digital footprint and reflect on how their online presence aligns with their character and goals. As they enter summer break, they're challenged to balance real-world and online activities, audit their social media, and continue building a safe, respectful, and positive digital life.

Questions to Talk About with Your Child

- 1 *Which of the five traits (honesty, compassion, respect, responsibility, or courage) do you think is the hardest to practice online—and why?*
- 2 *What steps could you take this summer to clean up or improve your social media accounts?*
- 3 *How can you tell if the online information is real or misleading? What tools or methods help you check?*
- 4 *What habits help you keep a healthy balance between screen time and real-life activities?*
- 5 *How can we, as a family, encourage each other to be responsible and thoughtful digital citizens—even during summer break?*