

Family Device-Free Rules

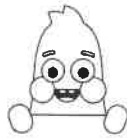
NAME _____

DATE _____

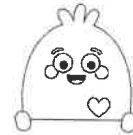
Directions

Create a list of rules to help your family have device-free moments. Remember, the rules aren't just for you, but for everyone you live with. You can write special rules for certain people. Be the boss. You're in charge!

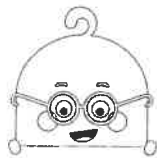
Our Family Device-Free Rules



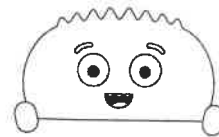
A device-free rule to stay safe:



A device-free rule to show respect:



A device-free rule so we can concentrate:



A device-free rule to get our sleep:

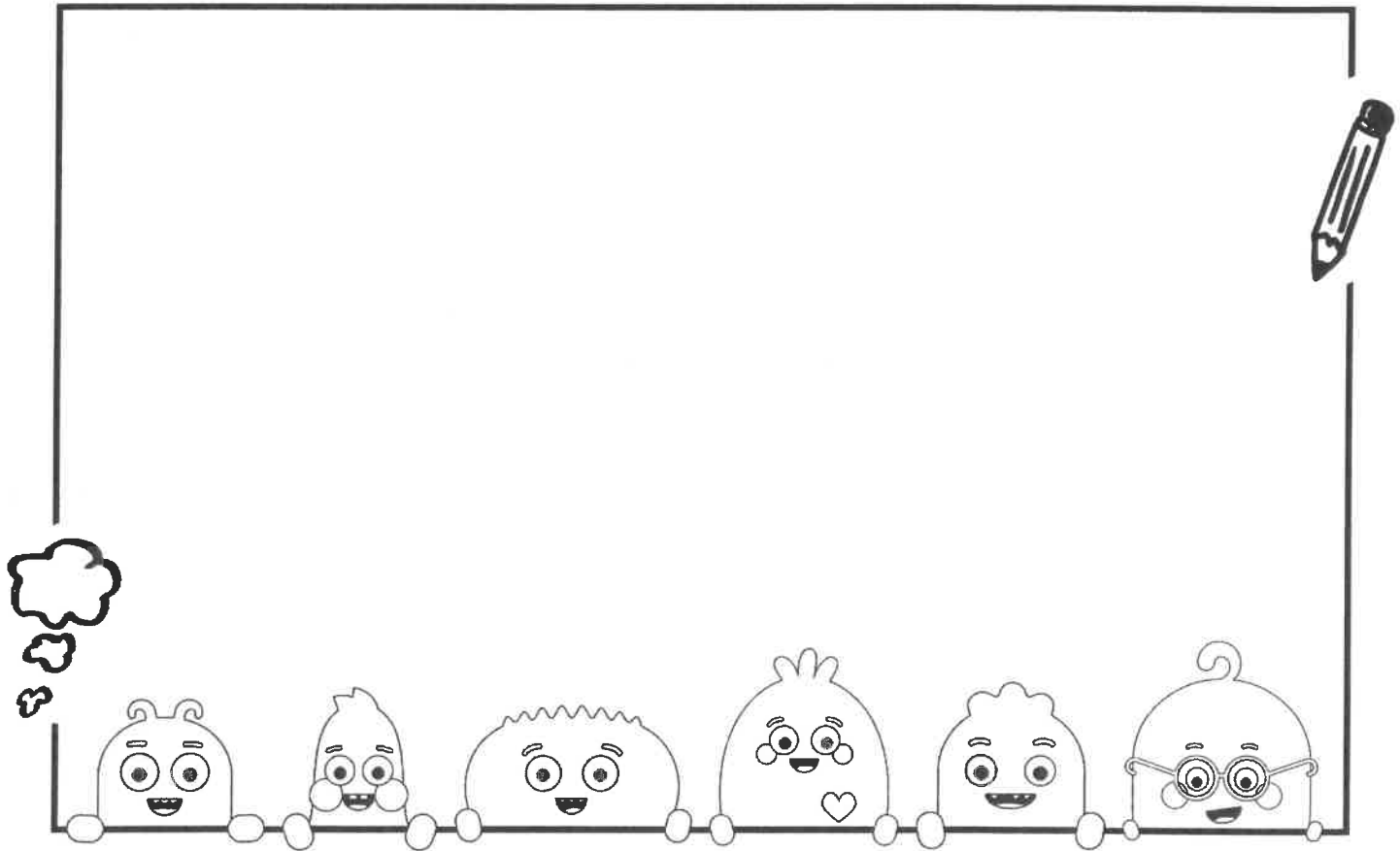


Pause & Think Moment

NAME _____

DATE _____

Draw a picture to show how you will be a good digital citizen.



Explain what you will do to be a good digital citizen.

We the Digital Citizens



The internet can be fun, but it also requires responsibility, so your kid is learning how to be a safe, strong digital citizen! What does that mean? They're learning to ...

- Find fun, cool stuff online.
- Set limits on how much time they spend online.
- Keep personal information — like their phone number and address — private.
- Pause and think before searching, clicking, and sharing.
- Ask before they go online.
- Pay attention to their feelings and ask for help when they feel scared or confused about something they see online.

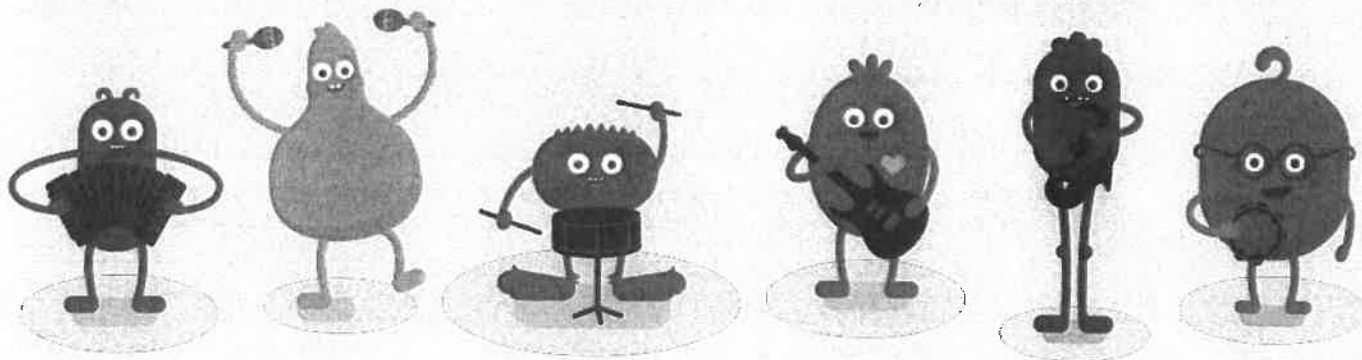


Check out the music video featuring our favorite digital citizenship friends! Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.commonsense.org/education/videos/we-the-digital-citizens>

Now talk about this together:

1. What was your favorite part of the song? Why?
2. What rules do we have about using apps and going online?
3. What sites are OK to use?
4. What are the time limits? Make a list of safe sites and apps and your rules to put in a place where your whole family can see it!



Text the word kids to the phone number 21555 to get free weekly tips on healthy media habits.



Digital Footprint & Identity

DIGITAL FOOTPRINT & IDENTITY

We define
who we are.

Digital citizenship: Thinking critically and using technology responsibly to learn, create, and participate

Instructions

It's important to be aware of our digital footprint. Follow the footprints to see what you can learn about each person. Get one or more family members together to help. Don't forget to read the setup before doing the activity together!

Setup

Read aloud: What we do online leaves digital footprints that can give clues about what we do and who we are. We should be aware of the digital footprints we're leaving and the person that we appear to be to others online.

Activity

Read aloud: Let's follow the digital footprints, read the clues, and talk about what we learn.



*Watched YouTube
Minecraft videos*



*Played Minecraft
on a public server*



*Searched online for
articles about Iceland*

Based on the footprints, what did you learn about this person? Discuss with each other.



*Posted picture on
Instagram of friend
next to Hillside
Elementary School sign*



*Searched for soccer
shorts on Amazon*



*Streamed Imagine
Dragons on Spotify*

Based on the footprints, what did you learn about this person? Discuss with each other.



*Played Roblox
and used chat*



*Watched Guardians of
the Galaxy on Netflix*



*Used Google Docs
to write a report*

Based on the footprints, what did you learn about this person? Discuss with each other.

Learn more about how to define your digital footprint at commonsense.org/family-tips-on-digital-footprint/!

