

OCTOBER DIGITAL CITIZENSHIP RESOURCE

Dear Families,

Did you know that October is National Bullying Prevention Month? Both the overall increased use of social media platforms in our culture and our students' use of the TechForEd 1:1 devices have given us a new perspective on this topic.

During the month of October, many of our fifth, sixth, ninth and tenth grade classrooms will engage in digital citizenship learning related to **Cyberbullying, Digital Drama & Hate Speech**. Unfortunately, many students will encounter mean behavior at some point in their digital lives. Some of these experiences are easily forgotten, while others can have deep, long-lasting effects. For families, the key is staying involved in your children's lives -- both in the physical and online worlds -- so you can step in and offer help if necessary.

Within the remote environment, children can be exposed to increased risk of cyberbullying. Here are a few ways that household members can support learners at home:

- **Establish rules:** Families can set limitations on screen time while staying aware of the online class schedules. Tools like parental controls are crucial in the case of younger children but in the case of teenagers, families need to connect and encourage their children to be open about their online activity.
- **Try to minimize distractions:** Find a quiet area, keep pets away, and use noise cancelling headphones to help kids focus. Keep trying new ideas until something works for your family.
- **Get a routine:** Set a schedule for waking up at the same time each day, have brain break/recess, and have an end time each day. Make the schedule visible for everyone in the house.
- **Communicate:** Discussing openly the online risks and staying alert to signs of cyberbullying are some of the ways in which families can keep their children safe. Guiding children on how, when and where to use learning platforms and social media while at home helps in curbing the risk of cyberbullying. Keep checking in with your child about their learning and also how they are feeling. Contact your child's teacher with concerns. Teachers are learning and adapting during this time, too, and want to help.

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Additional Family Resources

[What you should know about COVID-19, distance learning & Cyberbullying](#)

[Parent Tips and Tricks for Distance Learning](#)

[Keeping Kids Motivated for Online Learning](#)