Digital Citizenship Newsletter

Parents

It's All About Balance !

Worried about how much time your child is spending on screens ? "For a while now, media researchers have been advocating for a shift from evaluating quantity of screen time to quality of content. If kids are engaged with high-quality content that stokes curiosity and fuels imagination, who's to say that should end when they've hit their time limit? Research has also uncovered the importance of kids' experience with media, including criteria like who uses media with kids, the purpose of the content, and who's talking with kids about what they're watching." Here are some tips for creating a healthy balance in your family's use of screens.

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[Click here to learn more about generative AI](#)

[Guide to ChatGPT for Parents and Caregivers](#)

Understanding Today's Digital Landscape

Digital and social media landscapes are ever changing and becoming a fundamental part of everyday life. Understanding this landscape can be a difficult task that requires individuals to develop media and digital literacy skills. Digital literacy is an individual's ability to "have the skills they need to live, learn, and work in a society where communication and access to information is increasingly through digital technologies like internet platforms, social media, and mobile devices. Communication, practical skills, and critical thinking skills are all key aspects of digital literacy. Media literacy is "the ability to identify different types of media and understand the messages they're sending". Improving your digital/media literacy and developing a better understanding of today's digital landscape could be helpful in supporting your child in their digital experiences. Click on the titles below for more information !

Learning the Landscape of Digital Literacy
Frequently Asked Questions
Getting Started with Tech

Are You Web Aware ? - Parent Checklist
Parents Ultimate Guide to Social Media Platforms

Help your child remove photos or videos from social media

CLICK HERE

Maintaining Privacy and Staying Safe

The online world can be a great tool for children to learn, discover new interests, and interact with others. However, the use of technology, applications, and different online platforms does come with certain risks and potential threats to an individual's privacy and security. There are different ways to help protect your child's personal information and enhance their security online. Some of these methods include having open conversations, being aware of the applications they are using, parental controls, activating safety and privacy settings, amongst others. For tips, guides, and more information on privacy, and helping children develop safe practices online, explore these resources.

[Privacy Tips](#)
[Online Safety Guide for Parents of Teens](#)
[Teaching Good Practices](#)
[Safety Tips - Age 11-13](#)
[Safety Tips - Ages 14-17](#)
[Ratings and reviews of your child's favorite apps, games, TV shows, and more](#)
[Cybersecurity Terms and Definitions](#)