

Parent Resources | Digital Citizenship | 2015-16

While many Julian teachers integrate aspects of Digital Citizenship and Media Literacy into their coursework, Illinois School Code 5 requires each school district to specifically address Internet Safety. In January, 2016, Percy Julian Middle School advisories will focus on three important aspects of Digital Citizenship: *overuse*, *oversharing*, and *cyberbullying*.

Below are some of the resources Julian students will be exposed to. Families can support their students by learning about these aspects of Digital Citizenship and extending the discussions and challenge activities beyond the school day. We encourage you to take a look at some of the parents resources noted as well. [Click Here](#) to access more information on this topic.

OVERUSE

Advisory Resources	NBC video & story: Teens Spend 'Astounding' Nine Hours a Day in Front of Screens
Advisory Discussion Questions	• How does your use of social media and technology impact your self-identity? • How is your identity connected to the various ways you use social media and technology? • What do you think about the Stanford researchers' conclusion that "You cannot multi-task and do your homework effectively, but two out of three American teens think that you can... It gets in the way of your ability to concentrate and synthesize information well." • How does your use of social media and technology affect your ability to communicate in face-to-face situations? • How do you feel when you disconnect from your online world?
Extension / Challenge	Take your own " Tech TimeOut Challenge ." See if you can disconnect from technology for THREE DAYS. Explore the website and set up a challenge for yourself, with your friends, or with your advisory.
Parent Resources	• The Atlantic: "Parents: Reject Technology Shaming" • KQED: "What Happens When Teens Try to Disconnect from Tech for Three Days"

OVERSHARING

Advisory Resources	Flocabulary Digital Citizenship video & Microsoft Safer Online Oversharing video
Advisory Discussion Questions	• Silent Response: Do you know someone who shares too much on social media? • How often do you encounter "altering feelings" (something other than normal feelings) because of another person's social media posts/shares? • What types of posts do you usually share?

	• Is it possible you've ever overshared? • Is it possible we've altered others' feelings toward us as a result of a share/post/overshare?
Extension / Challenge	Delete Day Challenge : Take time to delete accounts you no longer use, or use rarely; adjust privacy settings in your accounts; Talk to your student about protecting their self image and relationships with others - use their social media accounts as a segway into this conversation.
Parent Resources	• TED Talk: Jon Ronson When online shaming spirals out of control

CYBERBULLYING

Advisory Resources	Cable in the Classroom's Cyberbullying Teacher & Student videos
Advisory Discussion Questions	• What is the difference between <i>drama</i> - <i>meanness</i> - and, <i>bullying</i>? • What is the difference between being a <i>bully</i> - <i>victim</i> - <i>bystander</i>? • What are some examples you know of or personal experiences you have had for <i>harmful use</i> of social media and <i>helpful use</i> of social media? • How do you recognize and handle misunderstandings versus "bullying"? What does intimidating, or harmful (bullying) behavior mean to you?
Extension / Challenge	Draw your own line between digital use and digital abuse. Explore A Thin Line 's website and decide on some ways you can "take control" and "draw your line"--for yourself, with your friends, or with your advisory.
Parent Resources	• Illinois State Board of Education: Internet Safety • Cyberbullying Research Center: Parents • MTV's A Thin Line: Resources for Grownups