

Relationships & Communication

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Table Talk Conversation Starters

* Getting Started	** Continuing the Conversation	*** Take it Deeper
<ul style="list-style-type: none">Why is it important to be kind online?	<ul style="list-style-type: none">Digital Drama is inevitable. We will all experience it at some point in time. How can YOU handle the situation when someone says something unkind or hurtful?	<ul style="list-style-type: none">Since digital drama sometimes starts because of misunderstandings, how can you prevent hurt feelings or the misinterpretation of posts or comments? Which parts can you control?



Family Challenge

KIND both in person & online: Think about different ways your family can have a positive impact on others simply by using kind words. Share a post or comment that encourages a friend, family member, teacher, or leader online. Sometimes it just takes one post to make someone's day!



Creating Family Boundaries

- I will not bully, humiliate, or upset anyone online – whether through sharing photos, videos, screenshots, spreading gossip, or unkind words – and I will stand up to those who do.
- I will communicate openly about the games and apps I'm using. I will not create fake profiles and will take ownership of everything I share.
- If I, or my family notices that I'm getting pulled into digital drama, I will take a break by putting up my device to recharge. I will agree to setting healthy media limits.



[NISD Instructional Technology wants to partner with you!](#) Let us know what you learned. By filling out this form, you'll be entered into a district give away. We want to highlight the intentionality of families with digital citizenship in their home.