# Relationships & Communication

*Click to view [NISD Digital Citizenship Curriculum]*

## Table Talk Conversation Starters

| * Getting Started | ** Continuing the Conversation | *** Take it Deeper |
|---|---|---|
| • Why is it important to be kind online? | • 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? | • 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.