common sense education®



GRADES K–2 FAMILY CONVERSATIONS

RELATIONSHIP SKILLS IN DIGITAL LIFE



Talk About How Your Child Can Be Kind and Respectful Online

Your child is learning how to be kind and respectful to others online with guidance from the Digital Citizens characters. Use these questions to talk with them about what it means to be a responsible digital citizen.

Ask these three questions:

1. *I hear you met some fun characters called the Digital Citizens at school. Was there one you liked best? Why?*
    - Listen for:
        - *Arms: Use your arms when you're online to balance your time.*
        - *Guts: Listen to your gut to stay safe online.*
        - *Feet: Use your feet carefully when leaving tracks online.*
        - *Legs: Use your legs to stand up to bullies online.*
        - *Heart: Use your heart to be kind and respectful online.*
        - *Head: Use your head to ask questions about what you see online.*
2. *What are some ways you can be kind and respectful like Heart when you're online?*
3. *Why is it important to be kind online?*

Learn more about how to communicate online at **commonsense.org/family-tips-about-online-relationships**!

*Family handout for grade 1 lesson **Pause & Think Online**, or K–2 SEL classroom activity **Use Your Heart When You're Online***



MEDIA BALANCE & WELL-BEING

We find balance in our digital lives.

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