



Video Discussion

What You'll Need: • [Video](#) • [Pause & Think handout](#) • [Pause & Think handout \(Spanish\)](#)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video featuring the Digital Citizens, who inspire us to be safe, responsible, and respectful online.*
2. **Show** the [Pause & Think Online](#) video (1:46 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.

Distance learning option: Have students watch the video and complete the Pause & Think handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. *Which character do you relate to most when you go online?*

Sample responses:

- Arms: I can use my arms online to balance my time.
- Guts: I can listen to my gut to stay safe online.
- Feet: I can use my feet carefully when leaving tracks online.
- Legs: I can use my legs to stand up to bullies online.
- Heart: I can use my heart to be kind and respectful online.
- Head: I can use my head to ask questions about what I see online.

Note: Each one of the characters represents one of the six topics in the Digital Citizenship Curriculum. See the [Digital Citizens Coloring Book](#) for more information.

2. *Why is it important to be kind online?*

Sample responses:

- we should be kind and respectful to others.
- we should treat others how we want to be treated.
- we should remember there is always a person on the other side of the screen.

3. *Why shouldn't you open a message from someone you don't know?*

Sample responses:

- we should not talk to people online that we don't know face-to-face.
- we don't know what's in the message.
- we should always get permission from a trusted adult if we're unsure.

