

# Digital Citizenship

Resources for  
Navigating Our Digital  
World



# WHAT IS IT?

**Sending mean texts,  
pictures, videos,  
posts & emails**

**Making online  
threats and using  
hate speech**

**Deliberately  
excluding others  
online**

**Pretending to be  
someone else or**

# WHO IS

# INVOLVED?

**TARGET:  
Person being bullied**

**BULLY:  
Person who is  
bullying another**

**BYSTANDER:  
Person who sees  
bullying happens but  
does nothing**



# FINDING TECH BALANCE

It's important to use media in a healthy way and in balance with with other life activities.

We have choices on how to spend our time each day. A perfect day will include:



## GETTING SOCIAL!

- Join or start a club
- Volunteer in your neighborhood or for a cause you care about
- Write a letter or postcard to a friend or relative

## GETTING ACTIVE!

- Learn a new sport
- Family bike ride
- Plant a garden
- Build an obstacle course

## GETTING CREATIVE!

- Do a craft
- Build a Lego creation
- Draw a sidewalk chalk masterpiece
- Make a scrapbook



## LEARNING!

- Do a science experiment
- Cook or bake a new recipe
- Do animal research by observing them in their natural habitat



## PLAN YOUR OWN PERFECT DAY!

Include all of the things to make it balance. Don't forget to ask yourself the What, When & How Much questions.

Handwriting practice area with a vertical red line on the left and horizontal blue lines for writing.

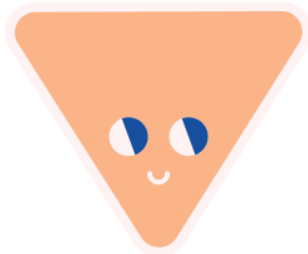
IT'S



Is it  
**INSPIRING?**



Is it  
**NECESSARY?**



Is it  
**KIND?**

# IF YOU'RE BEING CYBERBULLIED

It's important to remember it's **NOT** your fault and there are things you can do!



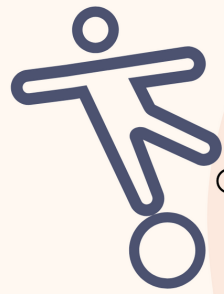
Tell them to stop!



Block & report the person

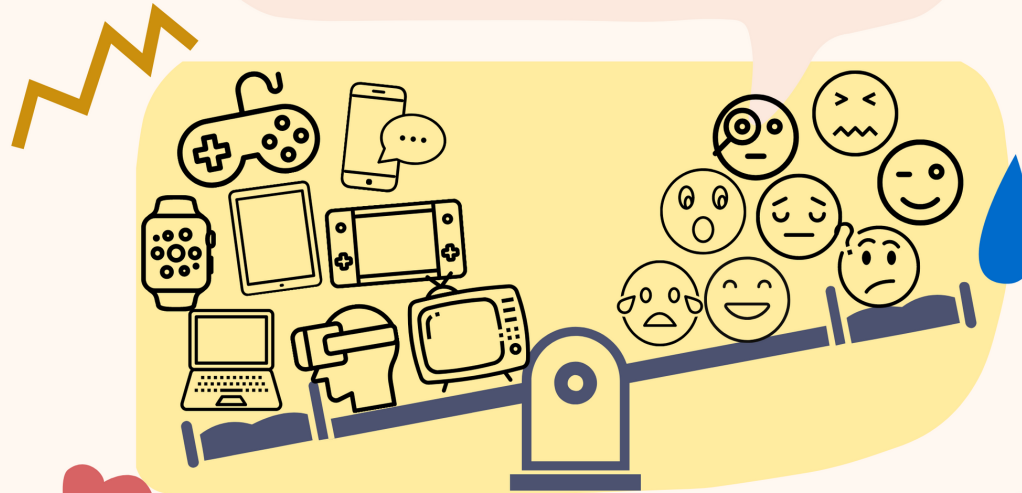


Report the post or image



# HEALTHY MEDIA CHOICES

Tech is a huge part of our lives. Our tech & media choices affect how we feel. Noticing your emotions and taking a break if you start feeling overwhelmed, frustrated, angry or sad helps your mood stay balanced!



## WHAT?

- WHAT MEDIA YOU'RE CONSUMING (OR CREATING)?
- WHAT PLATFORMS ARE YOU USING? (TIKTOK, INSTAGRAM, NETFLIX)
- WHAT DEVICE(S) ARE YOU USING TO CONSUME (OR CREATE) THE MEDIA?

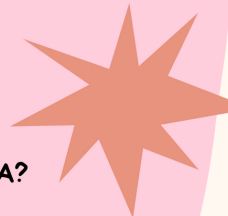
## WHEN?

- WHEN ARE YOU CONSUMING (OR CREATING) THE MEDIA?
- WHAT TIME OF DAY? WHAT DAY OF THE WEEK?
- WHAT ELSE IS HAPPENING AT THIS TIME (DURING DINNER TIME, RIGHT BEFORE BED, ETC.)?



## HOW MUCH?

- HOW MUCH MEDIA ARE YOU CONSUMING?
- HOW LONG ARE YOU SPENDING WITH THE MEDIA AT ONE TIME?
- HOW OFTEN ARE YOU CONSUMING THE MEDIA?



## WHAT DOES YOUR DIGITAL FOOTPRINT LOOK LIKE?

Use the pictures to represent the websites or apps you have used in the past week.

Draw in ones that are missing.





# DIGITAL FOOTPRINT



...THE TRAIL OF INFORMATION YOU LEAVE BEHIND  
WHEN USING THE INTERNET.

Once online pictures, comments and texts can exist forever. Yes, even if you delete it!

Always **THINK** before you post! Is it True, Helpful, Inspiring, Necessary & Kind?

Your digital footprint can be helpful or harmful to your reputation - both **NOW** and in the **FUTURE**.

Personal information sent to one person can be copied and shared to many people.

Parts of your digital footprint can be searched or shared.

Old or inactive accounts should be disabled or deleted.

Keep personal details private and control the privacy settings on your accounts.

Respect other people's digital footprint by asking before posting or tagging pictures or sharing information about them.

## WHAT DOES YOUR FOOTPRINT SAY?

### BE CAREFUL ABOUT:

- What you share
- Where you share
- Who you share with

### BE SMART ABOUT:

- Sites you visit
- Emails you open
- Links you click

**BE YOUR**  
*best self!*



MHCBS Wellness Team  
LEATHERIDGE SCHOOL DIVISION



- **Cybertip:**  
[www.cybertip.ca](http://www.cybertip.ca)

SCAN ME



- **Common Sense Media:**  
[www.commonsensemedia.org](http://www.commonsensemedia.org)



- **Media Smarts:**  
[www.mediasmarts.ca](http://www.mediasmarts.ca)



**Need help?**



Feeling like you need support with what you are facing in your digital world? You are not alone!

Make sure you reach out to a trusted adult in your life. Here are some additional resources available to you: