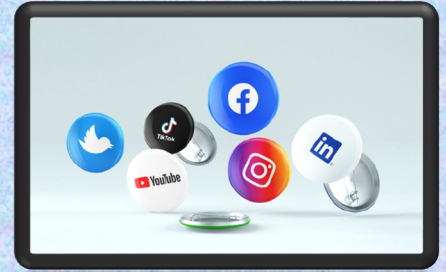


# Digital Safety and Awareness

## WHAT IS DIGITAL CITIZENSHIP?

Digital citizenship refers to responsible technology usage, and teaching digital citizenship is essential to helping students achieve and understand digital literacy, as well as ensuring cyberbullying prevention, online safety, digital responsibility, and digital health and wellness.



## WHAT IS SCREENTIME?

Screentime can be described as the time spent viewing of TV/video, computer, electronic games, hand-held devices or other visual devices.

## FAMILY MEDIA AGREEMENTS & RULES TIP SHEETS

A healthy media diet balances three things: what kids do, how much time they spend doing it, and whether their content choices are age-appropriate. Family Media Agreements help to set realistic rules that make sense for your family so you and your kids can make the most out of media and tech time. (Common Sense Media)

[Common Sense Media Family Agreement \(pdf\)](#)

[Media Smarts Family Tech Agreement \(pdf\)](#)

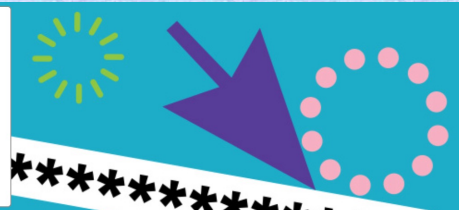
[Media Smarts Family Online Rules Tip Sheet \(pdf\)](#)

[Media Smarts Social Media Rules Tip Sheet \(pdf\)](#)



**GETCYBERSAFE.CA**

Get Cyber Safe is a national public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online.



# Online Safety Resources



Helping our kids  
navigate our digital world.

A TELUS Wise® parent's guide.



**Teaching kids the basics of online safety** - Most of us are confident in teaching our kids how to stay safe and well in our physical world - how to safely cross the street, not to talk to strangers and so....  
[Click here to get the guide.](#)



Helping our kids safely  
navigate video games.

A TELUS Wise® parent's guide.



**Helping kids safely navigate video games**, is a great resource for parents, offering tips on everything from content to screen time to cyberbullying, and more. [Download the guide](#) to learn how to help your kids maintain a safe and healthy relationship with video games and make them a fun part of family life as well.

**"We are all learning all the time. We can't shield young people from all the risks, but what we can do is give them the tools to heighten their awareness and help them make decisions to the best of their ability."**

[Forbes Technology Council 2021](#)

# More Online Safety Resources



**Be Internet Awesome** teaches kids the fundamentals of digital citizenship and safety so they can explore the online world with confidence. With downloadable **ONLINE FAMILY GUIDE**

**Into the Cloud™** is NCMEC's flagship online safety product for children ages 10 and under. Season 1 focuses on a different element of online safety, from strategies for handling cyberbullying to recognizing and reporting unsafe/inappropriate interactions and content. Season 2 focuses on preventing online exploitation, reporting, and removing inappropriate content online.



## LEARNING MORE ABOUT APPS



**Parents' Guide to Snapchat.** What is Snapchat? How does it work? What are snapstreaks?

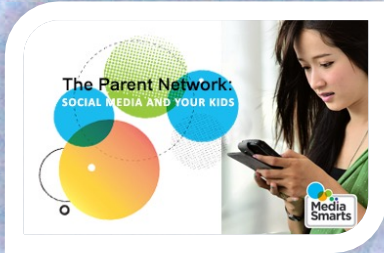


**Parents' Guide to TikTok.** Is it safe? How does it work?



**Parents' Guide to Roblox**  
Is Roblox safe for kids? How does it work? And what the heck are Robux?

# Articles and Good Reads



Understanding the connected world of kids and teens can be challenging for parents because adults don't communicate online in the same way and are not necessarily using the same social media.

**The Parent Network Workshop** helps parents to better understand how kids are using social networking and to provide them with tips and tools they can use to help them minimize negative experiences and maximize the positive opportunities that social media has to offer.

**Common Sense Media** is the nation's leading nonprofit organization dedicated to improving the lives of all kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.



## ARTICLES, VIDEOS & PODCASTS

**ARTICLE** - How much screentime is OK for my kids? Parents and screen time: role-modelling for children

**ARTICLE** - The Importance of Play: How Kids Learn by Having Fun

**ARTICLE** - Risky play for children: Why we should let kids go outside and then get out of the way

**VIDEO DOCUMENTARY** - Childhood 2.0: To better understand the world their children are digital age.

**VIDEO DOCUMENTARY** – Social Dilemma (Netflix subscribers only)

**PODCAST** - Screentime (TVO Canadian)

**PODCAST** - Screenagers