

## **Digital Safety and Well-being**

This year Steele PTA wants to provide our community a Digital Well-being program. This program will aim to improve our children's digital citizenship to build the foundations for them to act safely, responsibly and thoughtfully online. It will provide resources to help us as parents be more aware of how we spend our time online, what kind of online presence we have, ways to protect our identity and how to think about balancing our time online within our daily lives. Our world is continuing to become more digital and filled with a variety of wonderful technology that can make our lives better if used well. Our children are growing up in an age of technology that will impact their futures in many different ways that we can not even begin to imagine.

### **What is Digital Well-being?**

The National PTA has defined it as being aware of how you spend your time online. It includes being mindful of your online presence and footprint; how you interact with social networks, games and apps; the ways you protect your identity; and how you balance your time online within your daily life. Understanding digital wellness helps families play, learn, connect and grow together. As our world becomes increasingly digital, the solution doesn't lie in eliminating technology. It's about making technology work for you and actively evaluating how you use your devices to, ultimately, better yourself and the world around you.

### **What is Digital Citizenship?**

We teach good citizenship to our children throughout their lives. This consists of helping a child learn how to interact with others in a kind and respectful way, create a positive and safe community that help and care about others. The Digital world should not be any different. We need to teach our children to protect their privacy, speak up and prevent cyber bullying and to be aware of what they put online can have consequences in their real lives outside of the digital world.

### **Continuing the conversation**

Every month this year this program will address a new topic and would like to engage the Steele community through presentations, articles and interactive events. If you would like to suggest a topic, participate in a presentation or volunteer in any other way please let Lora Woodworth know at [woodworth74@gmail.com](mailto:woodworth74@gmail.com).