



DIGITAL HEALTH & WELLNESS: *Technology needs to be balanced with other, offline activities.* Use of technology does not come without health risks. Among other things, eye and wrist injuries can result from extended use of technology. Students need reminded that they need to take breaks frequently and do other activities. There are also many studies showing that the light emitted by cell phones and tablets can hinder a person's ability to sleep, so both children and adults should stop using devices at least an hour before going to bed^{3,4}.

DIGITAL LITERACY: *Technology is ineffective unless users are taught how and when to use it.* Technology is constantly changing, so students need to know be able to learn to use whatever technology is given to them. Give them time to just be free to experiment with a device or app. Make sure that you know how to use it though – they are sure to ask questions. You can turn this into a teaching moment too: after answering the question once, you can make that student the expert and direct other students to him or her.

DIGITAL LAW: *Just like in the real world, users of technology are responsible for what they do online.* Remind students that, just like printed material, copyright applies to online articles, pictures, and other intellectual property. When searching, students should find images licensed with the Creative Commons license and should summarize or paraphrase text found online.

DIGITAL RIGHTS & RESPONSIBILITIES: *Every digital citizen has the same freedoms and obligations.* Every person has the right to free speech and privacy on the internet. However, with that right comes the responsibility to monitor what you say and do online. One way to do that in this era of “fake news” is by checking facts before you share them. Sites like www.snopes.com provide a searchable index of potentially questionable stories and their level of factualness. Remind students that, before sharing anything, they should make sure that the information is true.

DIGITAL SECURITY: *Each person needs to take precautions to make sure they stay safe online.* Share policies for creating secure passwords (at least 8 characters, mix of upper case letters, lower case letters, numbers, and symbols) and show students <https://howsecureismypassword.net> to let them test their passwords. Remind students (and parents) to never share their passwords or real identities with anyone they don't know, especially when online.

Sources:

- ¹ Ribble, Mike. “Nine Elements of Digital Citizenship.” *Digital Citizenship*, 2017, www.digitalcitizenship.net/nine-elements.html.
- ² Gegan, Wade. “9 Elements of Digital Citizenship Poster.” *Fractus Learning*, 31 May 2018, www.fractuslearning.com/digital-citizenship-poster/.
- ³ Brooks, Rita. “How Technology Impacts Sleep Quality.” *American Association of Sleep Technologists*, 8 Feb. 2018, www.aastweb.org/blog/how-technology-impacts-sleep-quality.
- ⁴ Rosen, Larry. “Relax, Turn Off Your Phone, and Go to Sleep.” *Harvard Business Review*, 31 Aug. 2015, www.hbr.org/2015/08/research-shows-how-anxiety-and-technology-are-affecting-our-sleep.

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