

A person is seen from behind, sitting at a desk in a dark room. They are looking at several computer monitors. The central monitor is the largest and brightest, displaying a blue-tinted image. To its left is a smaller monitor, also with a blue tint. To the right, there is a monitor with a red frame and a yellowish screen, and another monitor above it showing a blue-tinted image. The person's hair is dark and slightly messy. The overall atmosphere is futuristic and tech-oriented.

# Digital Citizenship

-A Workshop for the Community

Research & Statistics

# Digital Citizenship

No Longer An Option



**95%**

of American youth ages 12–17 actively use the internet.

**88%**

of teens on social media have witnessed cruel behavior online.

**58%**

of students reported cyberbullying.

**2.5 Hours**

Kids age 8 and younger are on screens 2.5 hours a day.

**82%**

of middle schoolers cannot distinguish a news story from an online ad.

**44%**

of teenagers admit to giving false ages to bypass online account restrictions.

## Core Challenge

# Justice For Our Youth

We must not simply hand over technology.

*"It's an injustice to our youth to hand them a device that could ruin their future without guidance."-Abigail Thompson*



Core Challenge

# Physical, Mental, and Future Implications



# Why Does Digital Citizenship Education Matter?



## Inseparable Worlds

Digital and offline life are fully integrated. Students navigate both simultaneously as a single reality.



## Safe Spaces

Schools provide a supportive, structured environment for students to practice digital behavior safely and reach the entire community



## Critical Skills

Providing youth with analytical skills for responsible online behavior.

# The Digital World & Mental Health



Online comparison culture



Cyber bullying



Doom scrolling



High level of influence



# Physical Health & Safety Impacts of Technology Use



## Location Risks

Sharing real-time location details poses significant security, privacy, and safety hazards.



## Physical Development

Sedentary use affects posture and weight, potentially delaying gross and fine motor skill progression.



## Sleep & Eye Strain

Prolonged screen times result in persistent digital eye strain and major disruptions to healthy sleep cycles.



# Future Opportunities That Can Be Lost



## Scholarships

Scholarship committees may review a student's online presence, and inappropriate posts, harmful comments, or evidence of poor judgment can negatively impact scholarship opportunities.



## College Admissions

Colleges increasingly consider an applicant's character and digital footprint, and irresponsible online behavior can raise concerns about maturity, integrity, and decision-making.



## Workplace

Many employers review candidates' social media and online activity, and a negative digital reputation can limit internship, employment, and career advancement opportunities.



# From Screen to Courtroom: Digital Citizenship Cases



## Phoebe Prince Case

Landmark prosecution highlighting the severe, tragic real-world consequences of relentless teenage cyberbullying.



## Florida Cyberstalking

Legal charges brought against students, underscoring school and criminal liability in online harassment.



## Revenge Porn

Cases involving the non-consensual sharing of intimate images, resulting in severe legal consequences.



## Deep Fakes

Rapidly emerging legal battlefronts involving AI-generated imagery and synthetic media used for cyberbullying.

# Skills Every Digital Citizen Needs



## Empathy & Communication

Building supportive online relationships and communicating with respect and understanding.



## Privacy Management

Safeguarding personal data and understanding how information is tracked and shared.



## Evaluating Online Information

Critically analyzing digital content to identify bias, misinformation, and credible sources.



## Digital Footprint

Understanding that online actions have permanent, real-world consequences over time.

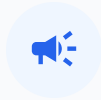


# Safety Skills



## Recognizing Manipulation

Learning to detect deceptive tactics, online scams, and emotional pressure from digital sources.



## Reporting Inappropriate Actions

Taking proactive steps to flag and report safety violations and harassment in the digital world.



## Setting Boundaries Online

Establishing personal limits on privacy, communication, and exposure to protect your wellbeing.



# Wellness Skills: Building Healthy Technology Use



**Build Healthy Digital Habits**



**Manage Screen Time Effectively**



**Balancing Online/Offline Activities**



**Protect Mental and Emotional Wellbeing**



**Practice Mindful and Purposeful Tech Use**



# District Wide Integration

## MORE THAN JUST A LESSON



**Culture of the School**



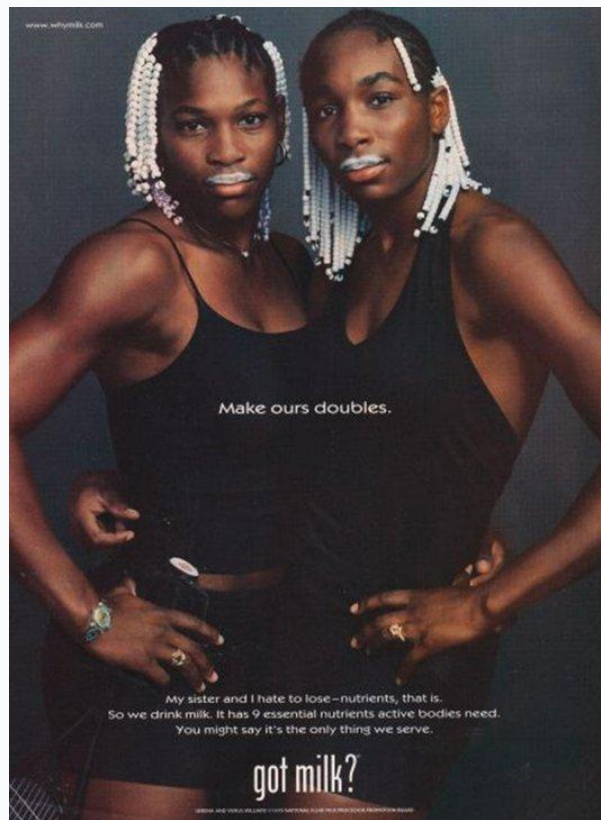
**Frequent Modeling**



**Resources Shared**



**The New Age “Got Milk” Poster**



# District Wide Integration

Tie to Every Lesson if Tech is Used



## Everyday Conversations

Instead of just completing this month's lesson, there should be a conversation each time technology is used.



## Task Cards



# District Wide Integration

## Lesson Structure Inside LMS or Other Platforms



### Structured Lessons

Structured lessons are still important and shouldn't be overlooked.



### Resource Utilization

So many great resources, don't reinvent the wheel but make it work for your students.



# Digital Citizenship Resources



**Common Sense Media**



**Discovery Education**



**Be Internet Awesome**



**Minecraft Education**



**News Literacy Project**



# Building Your

# COMMUNITY

# Resource Hub



## Social Media Posts

Current info for parents and home internet control guides.



## Community Partnerships

Collaborate with tech companies to build a robust network of company created resources.



## Continuous Updates

Keep the conversation going as technology is constantly evolving.



# Call to Action

- It takes a Village
- Communication



# Resources

- [StopBullying.gov, \*Digital Citizenship Skills\* \(citing Pew Research Center's teen internet use research\).](#)
- [Civic Engagement in the Digital Age](#)
- [Civic Online Reasoning Project](#)
- [\*\*Common Sense Media's 2025 Common Sense Census: Media Use by Kids Zero to Eight.\*\*](#)



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