



DIGITAL LIFE

The following are important [digital skills](#) parents should reinforce in their children:

Digital identity: The ability to create and manage one's online identity and reputation. This includes an awareness of one's online persona and management of the short-term and long-term impact of one's online presence.

Digital use: The ability to use digital devices and media, including the mastery of control in order to achieve a healthy balance between life online and offline.

Digital safety: The ability to manage risks online (e.g. cyberbullying) as well as problematic content (e.g. violence and obscenity), and to avoid and limit these risks.

Digital security: The ability to detect cyber threats (e.g. hacking, scams, malware), to understand best practices and to use suitable security tools for data protection.

Digital communication: The ability to communicate and collaborate with others using digital technologies/media.

Digital literacy: The ability to find, evaluate, utilize, share and create content as well as competency in thinking.

Digital rights: The ability to understand and uphold personal and legal rights, including the rights to privacy, intellectual property, freedom of speech and protection from hate speech.



CYBERBULLYING

DID YOU KNOW: One in four teens has been cyberbullied, but only one in 10 tells an adult, meaning that many suffer without support.

Cyberbullying is the use of digital-communication tools (such as the Internet and cell phones) to make another person feel angry, sad, or scared, usually again and again.

Examples of cyberbullying include sending hurtful texts or instant messages, posting embarrassing photos or video on social media, and spreading mean rumors online or with cell phones.

If you're trying to figure out whether your kid is being cyberbullied, think about whether the offender is being hurtful intentionally and repeatedly. If the answer is no, the offender might simply need to learn better online behavior. If the answer is yes, take it seriously.

- > [Tips for Parents](#)
- > [Cyberbullying in Elementary School](#)
- > [Cyberbullying in Middle School & High School](#)



ONLINE SAFETY

Internet Safety Guidelines: Internet safety goes way beyond protecting kids from strangers or blocking inappropriate content. It's about helping your kids use the Internet productively and practice safe, responsible online behavior -- especially when you're not there to answer their questions or check in on where they've ventured.

Parental Controls: Parental controls can support you in your efforts to keep your kids' Internet experiences safe, fun, and productive. But they work best when used openly and honestly in partnership with your kids -- not as a stealth spying method.

- > [More Elementary Resources](#)
- > [More Middle School and High School Resources](#)



SOCIAL MEDIA

Social media is a variety of tools and methods for interacting and communicating with others online. Some popular social media tools include Twitter, Instagram, Facebook, and Snapchat, and each of these offers a different way to share information, connect with friends, or collaborate. What's unique about social media is how it can enable users to instantly reach a wide audience, giving kids an opportunity to magnify their lives in a way that's different from the offline experience.

- > [Social Media FAQs for Parents](#)
- > [Phone Apps Kids Use to Hide Things](#)
- > [How Colleges Use Kids' Social Media Feeds](#)