



Dear Parent or Guardian,

I hope you are well. I wanted to take a moment to share about digital citizenship and wellbeing. We'll be studying this topic over the next few weeks using materials from Facebook's Get Digital program. The lessons are based on academic research and reflect the diverse voices and experiences of young people from around the world.

Digital citizenship and wellbeing refers to the information, behaviors and skills that help us safely use the Internet and other digital tools. This includes the actions that we take to protect ourselves, such as using privacy settings to protect personal information. It also includes making healthy decisions and interacting with other people online.

Understanding digital citizenship and wellbeing can help our children thrive in an increasingly complex and connected digital world. It can help keep them safe while empowering them to positively influence their communities. Because of the importance of digital citizenship and wellbeing for our children, I would like to invite you to get involved.

Get Digital features parent and youth resources you can use to help your child learn more about digital citizenship and wellbeing. We encourage you to get started by watching short introductory videos about the five content pillars of digital citizenship and wellbeing:

- ▶ **Digital Foundations:** Teaching students how to leverage tools to protect their digital devices and their personal information online, as well as that of others.
- ▶ **Digital Wellness:** Supporting students' ability to engage with others (both individuals and the larger collective) online in empathic and positive ways, protect their physical and mental health and explore their identities.
- ▶ **Digital Engagement:** Helping students develop executive functioning, critical thinking and the skills needed to evaluate and share media and information online, as well as engage with different cultures and contexts.
- ▶ **Digital Empowerment:** Helping students use technology and social media to create positive change and better opportunities for themselves, their communities and the world.
- ▶ **Digital Opportunities:** Preparing students to create the next wave of technology and succeed in their future careers and pathways.

After watching the videos, consider using the conversation starters and activities in the parent and youth sections to review digital citizenship and wellbeing concepts with your child. You can find these resources at <https://getdigital.everfi.com/>.

Digital citizenship and wellbeing skills are important and necessary for our children's futures. I look forward to working with your child as they learn how to navigate the Internet safely and responsibly and thrive in the digital world.

Thank you for your support as we explore this new topic. If you have any questions, please contact me.

