Get Digital

Get lesson plans, conversation starters, activities, videos and other resources to help young people become empowered in a digital world.

The Get Digital lessons have been carefully curated into five content pillars. This allows students to easily perform a deep dive into core digital citizenship and wellbeing skills. Below are tips to share with the families and students you work with.

DIGITAL FOUNDATIONS

Creating a password: Strong passwords help you protect your online accounts. Ask your student or child what traits do you think a strong password has?

If they do not mention the following traits, introduce them in your conversation. Strong passwords:

- Are easy to remember.
- Are kept private. Young people shouldn't share passwords with anyone except their caregivers unless legally required.
- Are hard to guess. They should not contain personal or well-known information.
- Are at least 7 characters long. The longer the password the better.
- Use a mix of upper and lowercase letters, numbers and symbols.

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DIGITAL WELLNESS

Finding support: Sometimes it can be hard for to ask for help when we need it most. Help your child or student create a plan for finding support. Invite your child or student reflect on and write answers to the following questions:

– Is there something you could use some help on in your life?

– Have you talked with anyone about it?

– Who are the people around you that you can ask?
(i.e., parents, teacher, older sibling, counselor at school, etc.)

Now, ask them take a minute to write a note or create an outline of what they might say when they talk to one of those supportive people. Next step is to remind them that support system is always there and encourage them to reach out to one of those people to share that note (through mail, social media, email or text) or find time to talk in person.

DIGITAL ENGAGEMENT

Develop Empathy: In online interactions, often cues are missing, which can lead to misunderstandings. This activity will help your student or child pause to think about what other people mean when posting content online. Tell them: When reading content that someone has posted online, it's important not to assume the worst. Instead, try to put yourself in that person's position and imagine the point they are trying to make.

Choose a form of online media that allows people to make comments, such as an online newspaper article or blog, and read the comments that people have posted. You may also use the letters to the editor section of a magazine or newspaper. Have your student or child consider what tone of voice the comments' authors would have used if they spoke them aloud. Try reading the comments in different tones of voice to see if it changes the meaning.
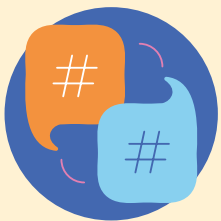
DIGITAL EMPOWERMENT

Do your research: Start a conversation about researching an issue with your student or child:

– What information do you need before advocating for an issue?

– Who might we want to contact about this issue
(e.g., teachers, school boards, city councils)?
Do you think we can find their contact information online?

– How do we know this information is from a reputable source?

DIGITAL OPPORTUNITIES

Encourage entrepreneurship: Start a conversation about digital entrepreneurship with your student or child:

– Do you think young people can run their own businesses? Why or why not?

– If you started your own business, what would it be about?
How could you use the Internet to help you?

– If you could create your own app, what would it be about?

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