

# PARENTING In the **DIGITAL** **AGE**

Clovis Unified School District  
Clovis West Area



## What is **DIGITAL CITIZENSHIP?**

Digital Citizenship is the ongoing development of skills and dispositions in our students that encourage SAFE, RESPECTFUL, and RESPONSIBLE behaviors online.

**How can you encourage healthy and safe online habits at home?  
Below are some resources!**



## Cyberbullying is Real

Parents of older children are far less likely to monitor screen usage than children ages 6 to 9, but up to 7 in 10 young people report having been cyberbullied online.

### What can you do as a parent?

- **ENGAGE!** Keep device use in the main living space of the home as much as possible. Ask your child to show you what they are doing online.
- **OBSERVE!** Look for changes in behavior.
- **TALK!** Create a safe environment for your child to share with you.

## Online Learning

### Designate a Learning Space

- Giving a child a consistent, quiet, learning space will help them get ready to learn.

### Set a Routine

- Structure helps children understand expectations.
- Create a schedule of the day for both younger and older children. Don't forget to add in breaks!

### Review Expectations

- Talk about what the teacher expects during online learning.
- Set your own learning expectations for your child. What are some "Must Do's" and some "May Do's"?

### Stay Focused

- Supervise your child's learning. Is someone able to see them to make sure they are engaged learners?
- Talk about feelings and how to handle being excited, frustrated or sad.

### Be an Encourager

- Incorporate the child's interests into the day when there is opportunity.
- Give detailed praise that is specific to the child's work. Consider displaying their work at home!
- Encourage a growth mindset. It's not about being good or bad at something, but working toward getting better at it.

## Resources

Wondering how to better monitor your child's iPhone or iPad? Set controls by clicking the following link:

[Parental Control Set up for iPhone and iPad](#)