

**ARE YOU DIGI-FIT?**



**WOSU.ORG/DIGITALWELLNESS**

## **Additional Resources for Parents**

### **1. Well-Being - Balance is Best**

- a. [Create a family media plan](#)
- b. [Family Dinner Project](#)
- c. [The Sneaky Science Behind Your Kid's Tech Obsessions](#)

### **2. Citizenship - Be the Best You**

- a. [Copyright and Fair Use Animation](#)

### **3. Etiquette - It's Cool to Be Kind**

- a. [What should I teach my kid about safe online behavior?](#)
- b. [Teaching Kids to be Smart about Social Media](#)
- c. [Why It's Never Too Early to Teach Your Child Good Social Media Habits](#)
- d. [What should I teach my kid about safe online behavior?](#)

### **4. Safety - Be Aware**

- a. [How to deal with your child's misuse of technology](#)
- b. [Be Share Aware Video](#)
- c. [7 Steps to Good Digital Parenting](#)
- d. [Google Safety Center for Families](#)

### **5. Additional Resources**

- a. [Common Sense Media](#)
- b. [Google's Be Internet Awesome](#)
- c. [Netsmartz](#)
- d. [Digital Citizenship in Edmonton](#)
- e. [NSPCC](#)



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## Parent Tip Sheets

1. Movies: ***To be viewed and discussed together.***
  - a. The Bully Project (6th, 7th and 8th graders watched this at Scarlett with a guided discussion by ELA teachers)
  - b. It Gets Better (13+)
  - c. Digital Nation (PBS)
  - d. Generation Like (PBS)
  - e. Screenagers
2. Books
  - a. It's Complicated by Danah Boyd
  - b. iGen by Jean Twinge, PhD
  - c. Screenwise by Devorah Heitner
  - d. Raising a Digital Child by Mike Ribble
  - e. The App Generation by Howard Gardner
3. Coffee Chats
  - a. [Example 1](#)
  - b. [Example 2](#)
  - c. [Example 3](#)
4. Participate in @DigCitCommit work with ISTE on Twitter