



November is Digital Citizen Month in the Parkway Library



Visit [Common Sense Media's website](#) for book, app, website and movie reviews

We will cover the following topics and help answer these essential questions:

K5	1 st	2 nd	3 rd
Media Balance – how do we find a happy balance between our online and offline activities?	Pause & Think Online – how can we be safe, responsible and respectful online?	We, the Digital Citizens – how can we be good digital citizens?	Your Rings of Responsibility – how do digital citizens take responsibility for themselves, their communities and their world?
Pause for People – how do you say goodbye to our technology when we don't want to?	How technology makes me feel – why is it important to listen to our feelings when we are using technology?	Device-Free Moments – why is it important to have device-free moments in our life?	The Power of Words – what should you do when someone uses mean or hurtful language on the internet?
Safety in our Online Neighborhood – how do you go places safely online?	Internet Traffic Light – how do you stay safe when visiting a website or app?	Putting a STOP to online meanness – what should you do if someone is mean to you online?	Digital Trails – what information is ok to have in your digital footprint?

Throughout November in Library Media Allied Arts class, we will learn about what it takes to be a good digital citizen. We are using the **Common Sense Media** Digital Citizenship curriculum to help students take ownership of their digital lives by providing them with the skills needed to participate in their communities and make smart choices online and in life.

Library Media Reminders:

- Help remind your student of their book check out day and return books on time. This allows students to find their next great read.
- Overdue notices will be sent home in mid-November. Please help your child look for and return overdue books....even if they are from the previous school year.
- If you are unable to find the overdue books, please make a note on the overdue notice and return it to the library or send me an email at Deborah.gallitz2gdrh.org.

Help Kids Balance Their Media Lives

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips

1

Create screen-free times and zones.

Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.

2

Try parental controls.

Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.

3

Establish clear family rules.

Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.

4

Watch and play together.

Choose quality, age-appropriate media to enjoy with your kids. Visit commonsensemedia.org to find shows, games, and more.

5

Help kids identify healthy behaviors.

Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.

