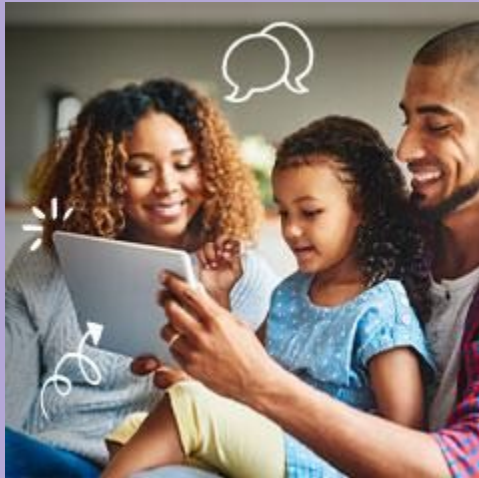


Digital Citizenship Week

October 16-20, 2023

Jasper County High School

Growing up has always had its challenges. But for kids today, social media and tech can amplify the typical stresses of adolescence. Common Sense's free lessons and resources are a positive and accessible way to help.



Click the image above for more Family Tips and Activities about Digital Citizenship.

Make Screen Time Safe and Positive

Use these planners to inspire conversations about tech use as a family.

- [Age 13+](#)

Entertainment & tech have the potential to spark meaningful conversations. Tech planners are a great way for kids to have a shared understanding of how your family makes the most out of entertainment & tech time.

Building healthy habits around tech use can help your students avoid some negative impacts on their mental health and well-being. Celebrate Digital Citizenship Week with this calendar of activities and resources that prompt digital well-being.

	Question of the Day	Activities & Resources
Monday	<i>What are my values, and how do media and tech impact them?</i>	Activity: Values Sort
Tuesday	<i>How is tech designed to hold our attention, and how can it impact our well-being?</i>	Watch: How Apps Use Design Tricks To Hook You
Wednesday	<i>How can you de-escalate digital drama so it doesn't go too far?</i>	Activity: Conversation Starter
Thursday	<i>What are thinking traps, and how can they impact our well-being when we use tech?</i>	Watch: How Your Brain Tricks You Into Negative Thinking
Friday	<i>How can I build positive habits around media and tech to support my well-being?</i>	Tips: Media Balance & Well-Being

