

Developing Students' Digital Citizenship, Article and Resources

As the first generation of adults raising and educating children and teens with digital devices, we continue to observe and learn from the ways our children are using media and technology for learning, entertainment, and communication.

Recent research (2015) from [Common Sense Media](#), found that "on any given day, American teenagers (13-to 18-year-olds) average about nine hours (8:56) of entertainment media use, excluding time spent at school or for homework. Tweens (8- to 12-year-olds) use an average of about six hours (5:55) worth of entertainment media daily." There are many nuances in the types of media used, gender differences, multi-tasking attitudes, and so on. The report concludes that "media are an enormous presence in young people's lives, a huge claim on their time and attention, and an element of their lives that is well worth our continued attention."

Our adult lives have changed as well and whether you view your device as a "[wretched stone](#)", embrace the technology of this new [App Generation](#), or admit that [It's Complicated](#), you are likely living with some tension between the pros and cons of the digital decisions in our homes, workplaces, and schools.

Parents are also encouraged to tap into the knowledge and experience of the schools' MRC Directors as together we raise a generation of digital learners and online citizens. D181 MRC Directors at each school ([CHMS](#), [HMS](#), [Elm](#), [Madison](#), [Monroe](#), [Oak](#), [Prospect](#), [The Lane](#), and [Walker](#)) have created a resource for your use.

Guidance can be found, online of course, from Edutopia with [resources for parents](#) and suggestions for creating a [family media agreement](#), from Common Sense Media about the [basics of digital citizenship](#) and [managing digital distractions](#), and with [research from the American Academy of Pediatrics](#).

Tips for parents include:

- Considering the amount of time your child spends engaged with digital media and setting limits
- Establishing screen-free zones at home
- Turning off devices during dinner
- Teaching children/teens strategies to support their self regulation of digital technology, such as apps that turn off social media while studying
- Teaching children/teens to manage their time and the distractions of their devices and media by turning the phone/media off while studying and taking tech break periodically rather than "multi-tasking"
- Helping children and teens understand the importance of protecting their privacy and using positive behaviors towards others online
- Finding teachable moments in your family's consumption of media, whether it is TV, social media, or games that you use with your children

And as is true with all things we aim to teach our children, our examples are often the most effective teaching tool. Show your children your own discipline, strategies, and balance in how you use technology at home.

(SELAS, Spring 2016)