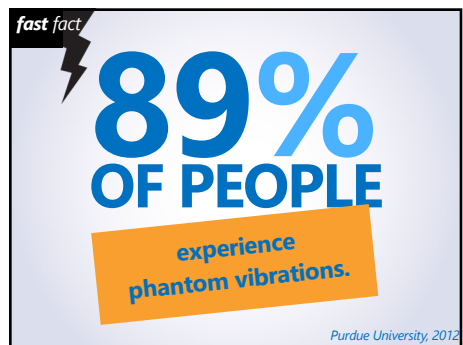
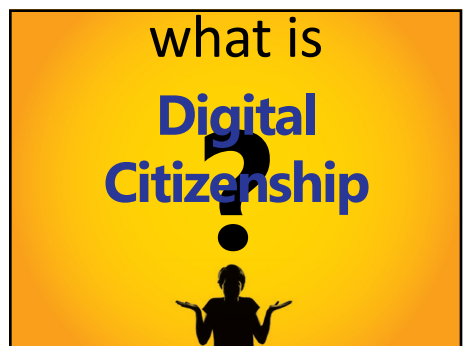




1



2



3

di-gi-tal ci-ti-zen-ship

[di-gi-tul ci-ti-sin-ship]

the norms of appropriate,
responsible behavior with
regard to technology use.

4

COVID Challenges

A
TIME
OF
UNCERTAINTY

Restructure of
Education / Life
Social Distancing
Elevated Anxiety
A Shift to Digital

5



6

It's the
best of times **worst of times**

Technology offers Technology impacts

- Accessibility
- Productivity
- Information
- Connectivity

- Social
- Behavioral
- Psychological
- Day-to-day



7

fast fact

6 billion out of the worlds 7 billion people own a mobile phone

only 4.5 billion have a toilet.




United Nations Study, 2013

8

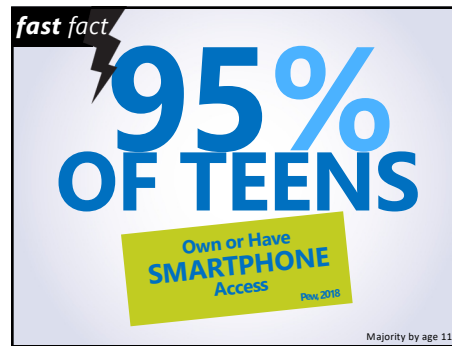
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generational



disconnect

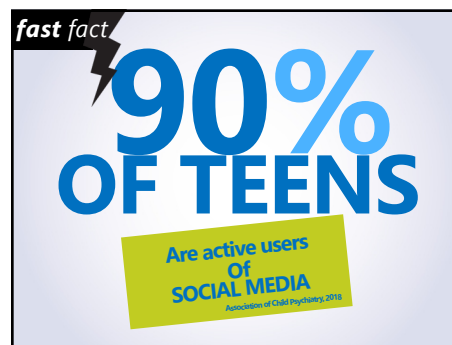
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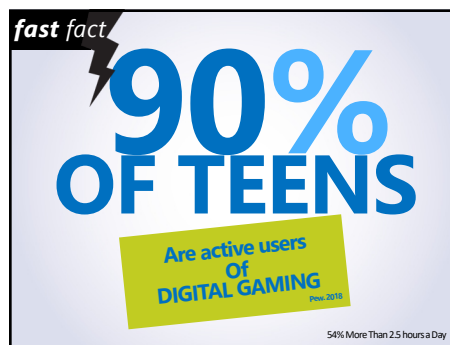
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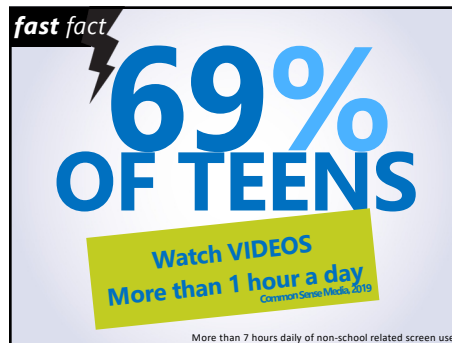
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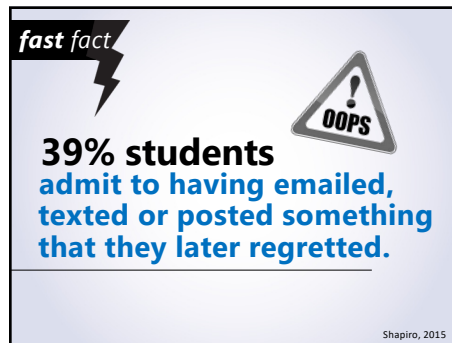
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21

Online Disinhibition

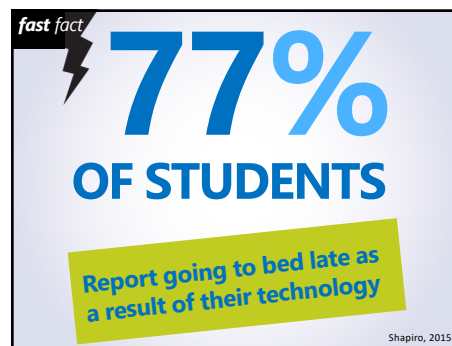
[dis-in-hib-i-shun]

Online behavior and language
that is inconsistent with
personal values and standards

22



23



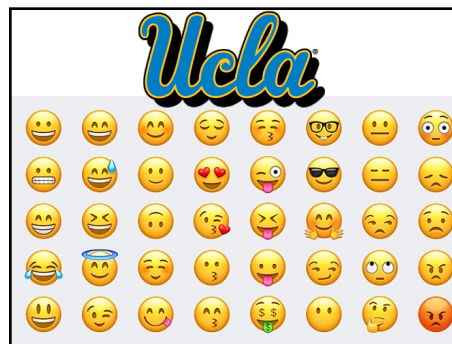
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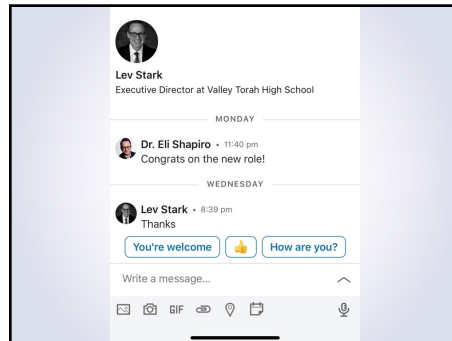
26



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28



29



30

I did not tell
David you
were late to
class

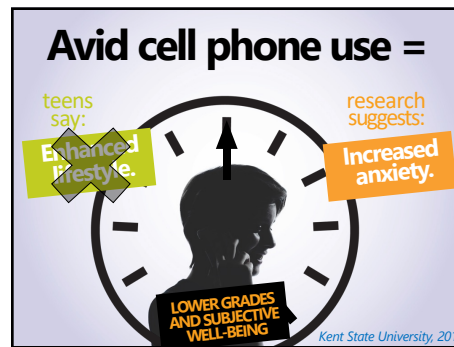
31

fast fact
59%
OF KIDS
report having been the
victim of mean or
cruel behavior
From 2019

32

PSYCHOLOGICAL
THERE CAN BE
A NEGATIVE
PSYCHOLOGICAL
IMPACT AS
A RESULT
OF AN
OVERDEPENDENCE
ON TECHNOLOGY.
ANXIETY
DEPRESSION
ISOLATION
ADDICTION

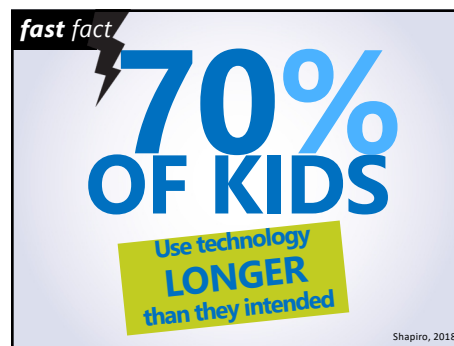
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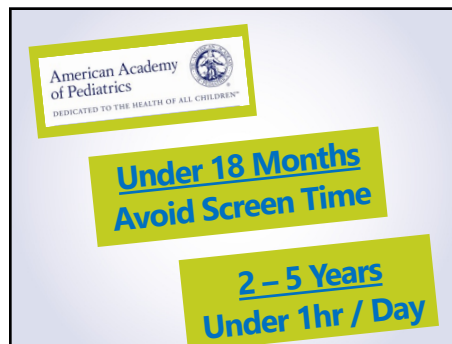
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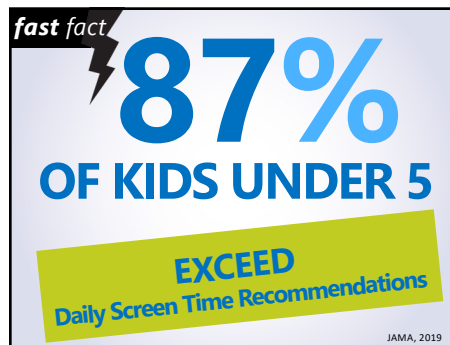
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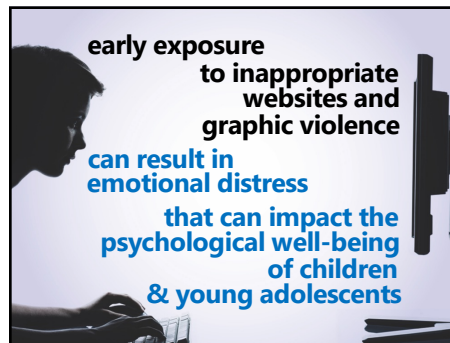
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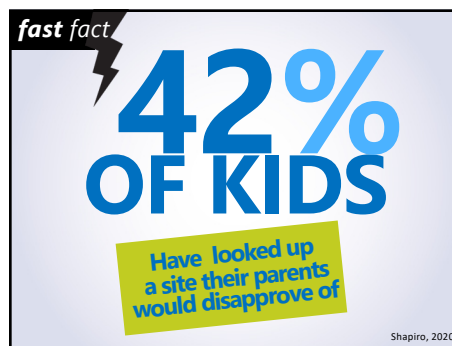
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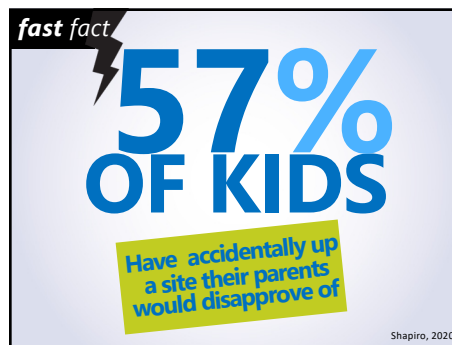
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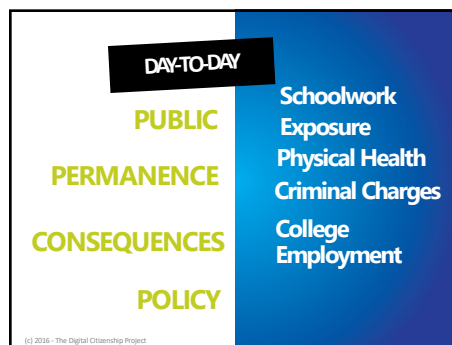
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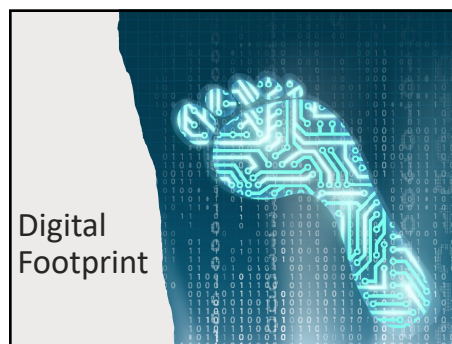
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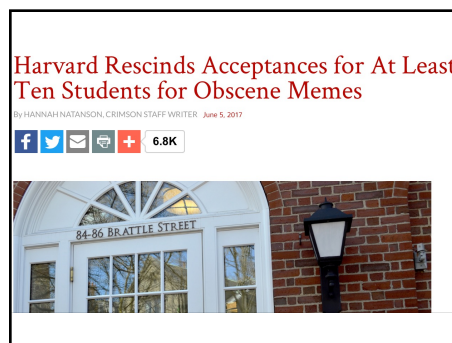
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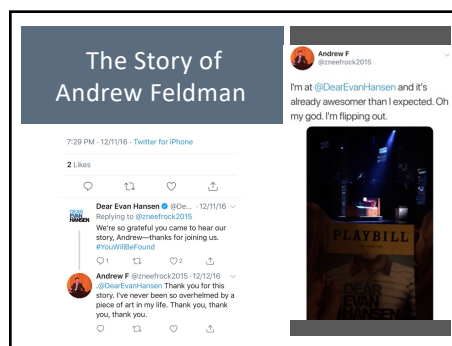
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46



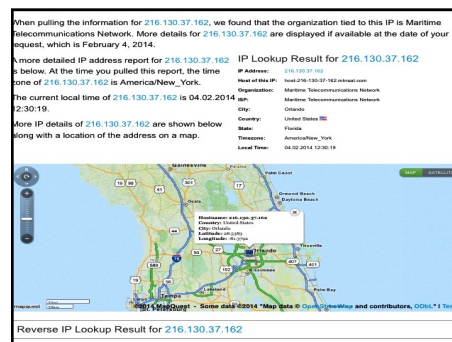
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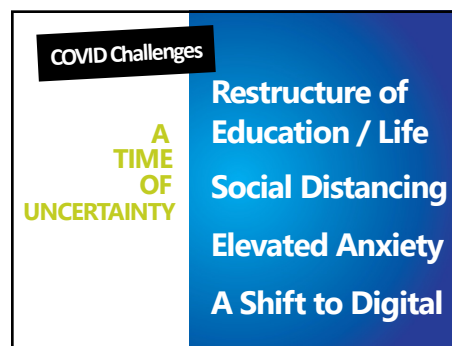
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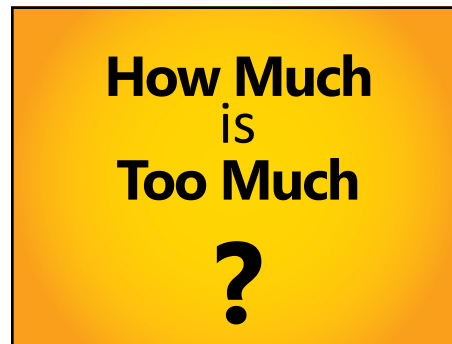
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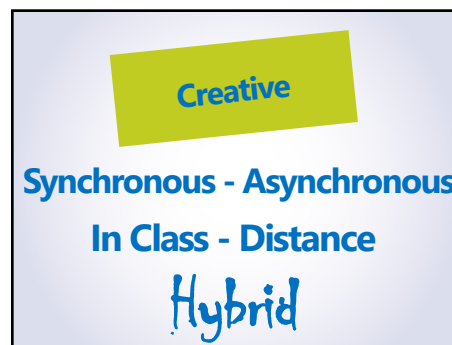
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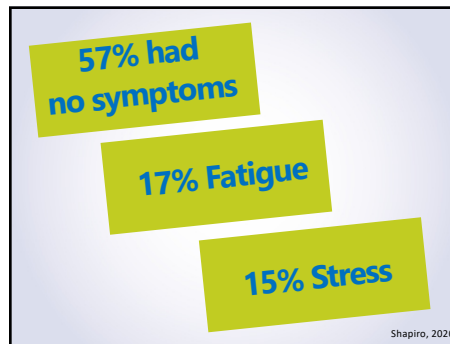
52



53



54



55

STANFORD UNIVERSITY

1) Excessive amounts of close-up eye contact is highly intense.	2) Seeing yourself during video chats constantly in real-time is fatiguing.
3) Video chats dramatically reduce our usual mobility.	4) The cognitive load is much higher in video chat

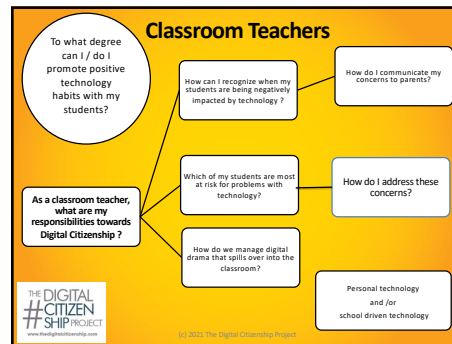
Bailenson, 2021

56

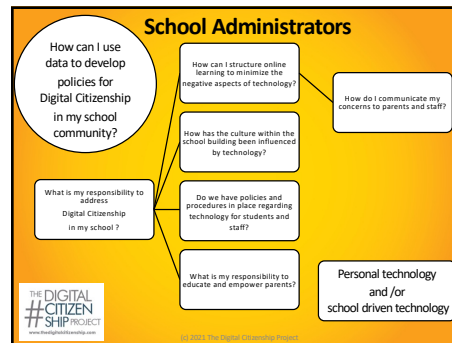
**WHAT CAN
WE
DO?**

Implications for Educators

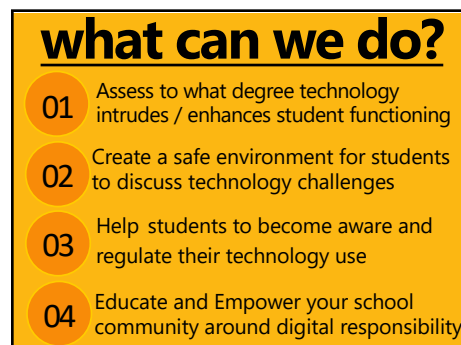
57



58



59



60

Anxiety

Excessive worry
Intrusive thought
Fatigue
Emotional Distress
Irritability
Difficulty Sleeping

61

Parenting

Excessive worry
Intrusive thought
Fatigue
Emotional Distress
Irritability
Difficulty Sleeping

62

TECHNOLOGY BY THE NUMBERS

- 91% of parents report set rules in the house
 - 41% of students
- 89% of parents report having conversations about using the Internet responsibly
 - 31% of students
- 22% of parents report their kids have been disturbed by online images & videos
 - 63% of students

63



64



65



66

FOMO & BEH

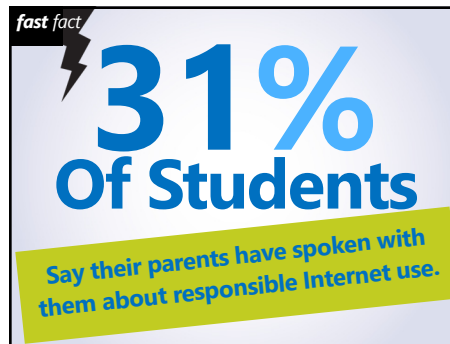
67



68

51% OF TEEN
INTERNET &
CELL PHONE
USERS SAY
**parents have the
biggest influence**
on what they think is appropriate or
inappropriate when using a cell phone or
the Internet

69



70



71

THE DIGITAL
#SHIP PROJECT
www.digitalschoolship.org

Sample Cell Phone Contract

As the responsible user of a mobile device (which I see as a great responsibility and tremendous privilege), I agree to the following terms of use. Failure to comply with these rules will result in the confiscation or termination of my device.

<ol style="list-style-type: none"> 1. I agree to comply with the schedule you have set for me. 2. If I find that I need to exceed the daily limits that have been defined for me, I promise to have a calm conversation confiding my reasons needing a time extension, and coming to an agreement about what an appropriate amount of time would suffice to accomplish my tasks at hand. 3. If my parents request that I put my device away, or on silent, at any given time (even during my permitted times) I will do so without argument or further discussion. 4. I will never provide personal information (address, school, phone number, etc.) online without my parents consent. 5. My parents will have access to my device entry codes, as well as passwords to my personal accounts and email. 6. I promise to never share any of my personal passwords with anyone else, not even my closest friends. 7. I solemnly swear not to use my mobile device to say mean or rude things to other people online. If I wouldn't say it in person, I won't say it online. 	<ol style="list-style-type: none"> 8. I will make every effort to use my device to promote positivity and avoid negative comments, emails, texts or posts. 9. If I receive a message that is hurtful, I will not respond and will tell my parents immediately. 10. I promise to respect my parents' trust by not sending out inappropriate material, and to tell them if I receive or come across any material that they may find objectionable. 11. I will not "flame" or correspond with anyone I do not know in real life or anyone my parents do not approve of. 12. I promise not to download any software, videos or music without first gaining parental approval. 13. I will not post or share pictures without the consent of my parents. 14. I will contribute \$20 per month toward my cell phone contract. 15. I recognize that this agreement serves as an "at will" contract and my parents can adjust or cancel this agreement "at will".
--	--

Signature _____

Date _____

72



73



74



75

Six Suggestions for Family Success

- 1 Screen activities should be age appropriate
- 2 Have tech-free time – Go dark for dinner
- 3 Have clear personal & family rules
- 4 Model healthy tech behavior
- 5 Promote non-digital activities
- 6 Digital can be a shared experience

76

Six Suggestions for SCHOOL Success

- 1 Understand your students' relationship with technology
- 2 Use technology strategically
- 3 Communicate your expectations regarding technology
- 4 Offer concrete help
- 5 Ongoing assessment of tech
- 6 Model responsible technology use

77

Quotable quote

Perfect
is the enemy of
Good

Voltaire

78



79
