

June 17, 2019

Dear ICS Community:

A couple of weeks ago night a group of about 20 ICS parents and educators gathered for a conversation about digital citizenship. I shared some recent incidences that have occurred with our students using social media in harmful ways.

We all spoke about the incredible possibilities of technology, as well as concerns we have with it. We talked about technology addiction, the impact on excessive screen time, inappropriate behaviors on social media applications, and the dangers of online sexual predators. We also shared strategies for supervising internet/cell phone use, alternative types of phones, being a model for our children with our own use, and other activities including dance, soccer, and outdoor play. Here are some of the responses I received from parents who attended:

“This evening I learned that knowing about digital citizenship is extremely important, as much as knowing about traditional citizenship. Therefore, our mission, as parents and members of the community, is to not allow that technology be used when it presents possible emotional or physical danger, and disrespectful, dangerous or intimidating content, including exposure to violence of all kinds, or sexually-explicit content that is inappropriate for minors.”

“Thank you for facilitating the conversation about digital citizenship this evening. I learned how valuable it is to communicate with other parents at ICS, and in our communities, about what digital online spaces our kids are exploring and occupying, and using that information to share experiences and practices that we can apply to our lives outside of school. As a first step, I am going to make a bigger effort to let my kids know that I am interested in what they are doing when they use our technology at home or outside of school and talk about it with them. I look forward to continuing this conversation with ICS community.”

"Thank you for hosting a wonderful community conversation last night. It was nice to hear stories about their children and technology. It allowed me to have a deeper conversation with my girls about the dangers of social/media and screen time. We did also talk about how technology can be a positive in their life when used moderately. The message that was extremely eye opening for me last night, was the increase in ADHD symptoms, depression, social/emotional issues etc., due to technology. Thank you again for starting this conversation with the ICS community."

We all promised to continue to have conversations about digital citizenship with other parents and staff to help our children be safe and lead healthy lives. As part of that promise,

I am sending this follow up letter with some of the resources that we collected, which can be found on the back of this page.

Feel free to contact me if you have any questions or concerns. And, I hope you and your family have a great summer filled with outdoor play and reading.

Sincerely,



Julie Nora, Ph.D.  
Director

### Resources

International Society for Technology in Education (ISTE)

<https://www.iste.org/standards/for-students>

Common Sense Media

<https://www.commonsensemedia.org>

Ziglar Family

<https://www.ziglarfamily.com/7-effects-of-technology-addiction-on-kids-and-how-to-overcome-it/>

Center for Media and Child Health

<https://cmch.tv>

Best Flip Phones and GPS Watches for Kids

<https://www.mommyhighfive.com/kids-best-flip-watch-phones/>