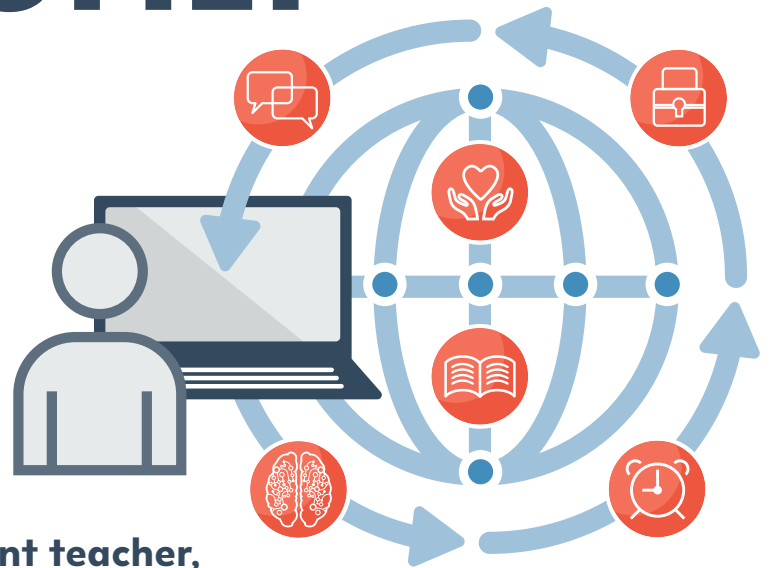# Digital CITIZENSHIP

dig·it·al na·tive (noun)
A **digital native** is someone who was born during the time of digital technology and is familiar with computers and the Internet from an early age.

Today's children are digital natives who are learning to navigate the physical world and the digital world at the same time. As you teach your child what it means to be a good citizen in the physical world—to be kind, honest, respectful, responsible—you are also teaching them to be a good citizen in the digital world.

As your child's first and most important teacher, consider these elements of digital citizenship:

1	BALANCE	Limit screen time to one hour per day for children ages 2–5. For children ages 6 and older, set **appropriate limits**. Be sure that screen time does not interfere with adequate sleep, physical activity, and important family time. Read more about screen time balance HERE.
2	SAFETY & PRIVACY	Help your child understand that a parent or trusted adult should be present when they are on the Internet. They **should not share personal information** or communicate online with people they don't know.
3	RESPECT	It is important to **use words carefully** in the physical world and in the digital world. Help your child understand that once words are posted online, they become permanent. If your child sees cyberbullying, they should let you know right away.
4	CONNECTING	Show your child how to use the Internet as a **tool for communication**. Connect with family members in the digital world—by sharing photographs or making video calls—and include your child in those experiences.
5	LEARNING	Young children are curious! When your child shows interest in a topic, do an online search to learn more. Working together to find answers to questions online will help your child see the Internet as a **tool for learning**.
6	CRITICAL THINKING	Encourage your child to think critically about what they see online. **Is it true? Is it helpful?** Talk with your child about their online experiences just as you would talk with them about other events of the day. Remind your child often that they should tell you if they see anything inappropriate online and that you are there to help!