Citizenship and the Digital World

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DIGITAL CITIZENSHIP

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Digital citizenship is defined as how you behave online. It's about being respectful, responsible, and ethical in your online interactions.

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DIGITAL LITERACY

To be a good digital citizen, it's important to have good digital literacy skills.

Digital literacy can be defined as the ability to access, evaluate, and use information from a variety of sources.

It also includes the ability to create and share digital content in a responsible way.

Digital citizenship includes knowledge about...

1 Privacy and security

2 Communicating with others

3 Digital wellbeing

1. Privacy and security

DIGITAL FOOTPRINT

A digital footprint is the information that you leave behind as you use the internet. This includes the websites you visit, the accounts you create, the things you post online and even the metadata from your photos. Basically, anything that can be tracked on the internet can be considered part of your digital footprint.

DIGITAL FOOTPRINT

You leave a digital footprint in all sorts of ways - from social media to email to online shopping. In some cases, leaving a digital footprint is unavoidable. For example, if you order something online and pay for it with your credit card, then that transaction will be recorded in your bank's records and will also be visible to anyone who has access to those records.

However, there are many things that you can do to manage your own personal digital presence more thoughtfully:

think before posting something online (or even uploading photos), try not to give out too much personal information (such as birthdays) when creating accounts or signing up for services etc.

CYBER SECURITY

"Cybersecurity is a social responsibility. We all have a role to play." (Magda Chelly)

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Cybersecurity is vital to the protection of your personal data and sensitive information. It's also your responsibility to keep other people's data safe and not share information about others without their consentment or knowing that it may be used with malicious purpose by someone who finds it online.

2. Communicating with others

NETIQUETTE

Netiquette is the etiquette of the internet. It refers to the manners, etiquette, and social conventions of the internet. Netiquette can help you avoid offending other people, and it will also help you communicate effectively.

NETIQUETTE TIPS

Here are some examples of ways to follow netiquette:

Use emoticons instead of all caps when you want to express excitement or frustration.

Always end your sentences with a question mark or exclamation point if you're asking a question or expressing surprise, respectively.

If someone asks for help with something, be sure to respond as soon as possible so that they know that their question has been seen and acknowledged.

Don't write negative comments, bully, or harass others online. And, if you see someone being a cyberbully, report them.

CYBERBULLYING

Cyberbullying is when someone harasses, intimidates, or causes harm to another person using technology. It can happen in many ways, including through text messages, chat rooms, social media, and email. Cyberbullying is different from other types of bullying because it is done anonymously, which means that the bully cannot be identified by their name or face.

Cyberbullying can have harmful effects on people who are being bullied. Depression and anxiety are two common effects of cyberbullying that can be harmful to the victim's health.

"Freedom of Speech doesn't justify online bullying. Words have power, be careful how you use them."

-Germany Kent

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3. Digital Wellbeing

WHAT IS DIGITAL WELLBEING?

Digital wellbeing is a concept that has started to take

off in the last few years. It's the idea that we need to

take care of ourselves in the digital world, just as we

do in the physical one.

THE IMPACT OF TECHNOLOGY ON OUR HEALTH

The constant use of technology has real effects on our lives: we don't get enough sleep, we're more stressed out and anxious, and we get less done because our attention is divided between the things we need to do for ourselves, our families, our ability to learn and our work.

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HOW CAN I IMPROVE MY DIGITAL WELLBEING?

- Monitor how much time you spend on your phone each day.

- Pay attention to what kinds of things make you feel stressed or anxious when they pop up on your screen.

- Use digital wellbeing and mindfulness apps (e.g.: Forest, Google's Digital Wellbeing, ActionDash, Digitox)

- Reflect on where you spend most of your time online and to who you follow on social media. Does their content make you feel good or bad about yourself? If the answer is the latter, you should consider following them. Remember that your online interactions should be positive.

"If you are on social media, and you are not learning, not laughing, not being inspired or not networking, then you are using it wrong." (Germany Kent)

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