

We appreciate that you are supporting your students by taking part in Alaska Digital Citizenship Week! We have put together THREE ways to participate in the daily themes which begin on Tuesday. By completing the Curriculum Tutorial on Monday and teaching lessons, you are well on your way to being [Common Sense Certified](https://www.commonsense.org/education/recognition-educators)! Whether you pursue certification or not, you are making an impact on our students’ success as members of a digital society.

Choose the activity or combination that best suits you and your students’ needs:

1. Teach a 45-minute lesson. Each lesson has three delivery options: low/non tech, iBooks, and Nearpod. If time is tight, teach one suggested specific activity from the aligned lesson (linked in the chart below under Lesson).
2. Show and discuss the highlighted video. This is the way to go if you only have 5-10 minutes to introduce the theme of the day.
3. Share the corresponding Family Tips Sheets (linked in chart).

| **K-2** | **Monday** Educate Yourself | **Tuesday**  Media Balance and Well Being | **Wednesday**  Privacy and Security | **Thursday**  Digital Footprint and Identity | **Friday**  Relationships and Cyberbullying |
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| **Lessons**  *30 minutes* | Use today to [create your account with Common Sense Media](https://www.commonsensemedia.org/user/register?destination=homepage) and begin exploring the [digital citizenship curriculum and training](https://www.commonsense.org/education/training) | [Pause for People:](https://www.commonsense.org/education/digital-citizenship/lesson/pause-for-people)  How do you say goodbye to technology when you don’t want to? | [That’s Private!](https://www.commonsense.org/education/digital-citizenship/lesson/thats-private)  What kinds of information should I keep to myself when using the internet | [Digital Trails](https://www.commonsense.org/education/digital-citizenship/lesson/digital-trails)  What information is okay to have in your digital footprint? | [Who is in your online community?](https://www.commonsense.org/education/digital-citizenship/lesson/who-is-in-your-online-community)  How are we all part of an online community? |
| **Video options that may have Discussion Guides** |  | [Pause for People](https://www.commonsense.org/education/digital-citizenship/lesson/pause-for-people)  “Pause, Breathe, and Finish Up! “ 0:55 | [Internet Traffic Light](https://www.commonsense.org/education/digital-citizenship/lesson/internet-traffic-light)  “How do you stay safe when visiting a website or app?” 0:54 | [Follow the Digital Trail](https://www.commonsense.org/education/digital-citizenship/lesson/digital-trails)  Personal information vs. private information 2:15 |  |
| **Family Tip Sheets** | We encourage school leaders to send [this letter](https://www.commonsensemedia.org/sites/default/files/uploads/classroom_curriculum/dig-cit-letter-parent_040116_writable.pdf) home digitally or with students. | [Help Kids Balance Their Media Lives](https://www.commonsense.org/education/family-tips/6-12-media-balance-and-well-being) | [Help Boost Kids’ Safety, Privacy and Security](https://www.commonsense.org/education/family-tips/k-5-privacy-and-security) | [Help Kids Post, Comment, and Upload Responsibly](https://www.commonsense.org/education/family-tips/6-12-digital-footprint-and-identity) | [Help Kids Make Friends and Interact Safely Online](https://www.commonsense.org/education/family-tips/6-12-relationships-and-communication) |