

# Digital Citizenship Week 2016

*Digital citizens know how to use their devices safely, responsibly, and respectfully.*

Dear Families,

In Bend-La Pine Schools, as well as around the country, the week of October 16-22 has been designated as Digital Citizenship Week. As a parent and an educator, I know first-hand the importance of this topic and believe it is something we need to address with our children as part of their education. Digital devices are part of our society, and their presence can be both an asset and a challenge as we balance productivity, screen time, and being present in the moment with our teachers, friends and families. During this week, it is our hope that as a community we can open ourselves to learning and discussing the role that devices play in our home, school and work lives.

We have identified a digital citizenship focus for each grade level, and teachers will lead discussions around these topics during class times. You can find the the topic for your child's grade level listed to the right. We have also identified a Family Focus for each grade level which you will find described below. It is our hope that this family focus is something you can address throughout the school year in your home. Please make sure to check out the links and other support that our team has compiled and listed on our parent support site (<http://bit.ly/dcfamilysupport>). Thank you for your support.

Respectfully,

*Skip Offenbauer*

*Executive Director of Instructional Technology and Curriculum*

*Bend-La Pine Schools*

## FAMILY FOCUS FOR NINTH GRADE: PRODUCTIVITY AND MULTI-TASKING

Multi-tasking sounds good and sounds productive, but in reality it isn't. Studies show that trying to tackle many tasks at a time actually slows us down. Digital devices can make multi-tasking worse. Working on homework while listening to music and texting can only distract us and make us less productive. Bouncing back and forth between tasks slows down the actual task we are trying to complete. According to Common Sense Media, parents can lead by example to encourage breaks from multitasking. This means setting limits on media time or turning off the TV and pulling out a board game that requires concentration on a single task. But, more generally, it means slowing down the fast pace of our lives and focusing on family time since the positive influences parents have on a child's development can take place only when parents spend time with their children.



### Ninth Grade

Technology and Productivity



### DISCUSS

How does technology have both a positive and negative impact on productivity?



### ACCESS RESOURCES

Please visit our parent support site:

<http://bit.ly/dcfamilysupport>



### PARTICIPATE

What will your family pledge to do (or not do) with your digital devices this week? If you use Twitter, Facebook or Instagram please share and use the hashtag **#blsdigitalcitizens**. You may be featured on our website!