



### SETTING AND KEEPING HEALTHY BOUNDARIES ONLINE

Today your child explored the idea of *digital footprints* and *digital imprints*. Digital footprints form the trail of information you leave behind when you use the internet, including things that are visible such as social media posts from you and other people. Social media often includes photos, status updates, check-ins at locations, online groups and sites that you've liked or joined, and posts from other people that you've shared. Your digital footprint also includes what can be learned about you based on your activity such as what websites you visit, personal information you enter, messages you send, and so on. When you really start to think it about, it's A LOT of details about you and your life!



*Digital imprint* is the impact that your online activities leave on you, including things you see, hear or read and also things other people say and do to you online.

Digital footprints and digital imprints are not necessarily good or bad. It exists and your thoughts and feelings about it and the effects it has on you depend on a lot of different factors such as your values, priorities, age, life stage, school and family expectations.

### AT HOME ACTIVITY

Hold a family meeting to talk about online safety. Ask your children what that means to them. Tell them what it means to you. Consider establishing a family contract, agreement, or code of conduct about online activities.

Staying safe online means different things to different people. Here are four areas to consider:

1. Reputation—What do you want people to think of you? What do your online activities say about you? Are you okay with that?
2. Relationships—Do your online connections bring happiness and other good things into your life? Why or why not?
3. Exposure—What do you see, hear and read online? Are there things you feel like are a waste of your time or disturbing to you? What do your parents think? Do they have rules about what's okay and what's not?
4. Finances and other personal information—Are you protecting yourself from people who might want to hurt you or steal from you?

### “SCREEN BREAK”

At home, your whole family can practice the 20-20-20 rule to help your eyes stay healthy and feeling good. It's pretty simple: For every 20 minutes you are watching T.V., playing video games, or on the computer, you need to look away at something at least 20 feet away for 20 seconds. Remember to try and limit you and your children's screen time to two hours or less each day!

