

## Digital Citizens Overview

This document explains Digital Citizenship and how your family and support team will help you on your journey by supporting, teaching, and empowering you. Easy read versions of this document will follow.

### What is a successful digital citizen?

A successful digital citizen is someone who can use technology safely and in a way that helps them feel capable, informed, and empowered when using all digital tools

### Why it is important to use technology in a way that is safe and supports wellbeing?

Digital technology is a big part of being an active member of society. But sometimes, you might need help to use it in a way that makes you feel safe and in control. Your family and support team can:

- Help you see all the cool things you can do with digital tech.
- Show you the challenges that come with it.
- Support you in using it when you need help.
- Teach you how to use it safely.
- Make you a confident digital citizen.

### What commitment is expected of me?

You will need to be:

- Open to trying new things
- Talk openly about how you use technology or would like to use technology
- be willing to learn new skills
- be ok with your whanau and support team putting supports in place to keep you safe
- be ok with making mistakes "mistakes are learning"
- willing to ask for help

### What commitment they expect from my whanau and support team/s?

Your whanau and support team will:

- Help you understand why you need to do things to support your digital citizen journey
- Find ways to support your learning journey
- Help you keep safe when using digital technology
- Be ok if you make mistakes
- Empower you to be a great digital citizen

### The "try, learn, adapt" approach

An important part of your journey is understanding that for all new things, you will:

- TRY something new
- LEARN if it works for you or not
- ADAPT your learning as you need

And remember to always ASK for help!