Digital Citizens Assessment - Resources

Overview

To be used alongside the "How am I doing", to help identify strategies and resources available to support rangatahi in each stage of their journey to being successful digital citizens.
This list is by no means exhaustive and will be added to over the course of time.
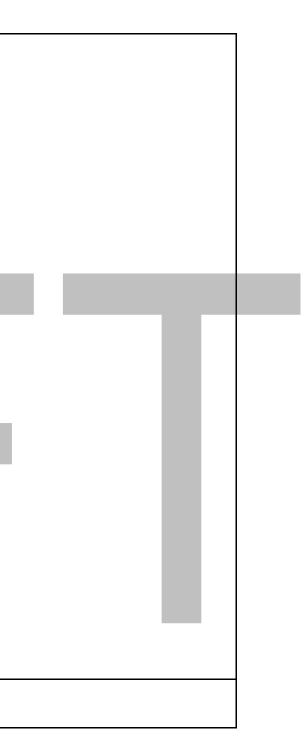
NOTE: there is a significant GAP in suitable resources to support rangatahi in their digital citizenship journey. As such, this section of the document may be scant.
The plan is to build on this, hopefully through securing additional funding for specialised resource development.

1. Supports and safeguards

Goal: I am supported so I can use technology in a way that is safe and supports my wellbeing.

1. Supports and safeguards	Support		Educate		Empower
	Introducing	**Emerging**	**Engaging**	**Extending**	**Empowering**
Next steps	Family, whānau and supporters learn what it means to keep safe online, including: • Develop awareness of the challenges facing rangatahi using digital technology • Learn about 'parental control'* services • Investigate similar options available to organisations (where appropriate)	Implement support and safeguarding tools as appropriate Ensure rangatahi understand the WHY behind support and safeguarding tools being in place	Support rangatahi with the safe use of digital technology via education, supports, and safeguards Engage with providers (e.g., schools, counselors, social workers, education specialists) to ensure rangatahi are supported in understanding what "safe" use looks like This may also include reviewing supports and safeguards to consider: • Are the same safeguard still required? • Can existing safeguards be safely reduced? • What does the rangatahi want or feel is appropriate?	Encouraging rangatahi to be self-managing, but also to ask support as needed Note: ideally safeguards should be reducing as rangatahi increase their skills and ability to self-manage	Empowering rangatahi to know when they need support to use digital technology in a way that is safe and protects their wellbeing Note: ideally safeguards should be reducing as rangatahi increase their skills and ability to self-manage
Family and whānau Resources	Discovery/research: • Online safety for young people with intellectual disability - https://www.esafety.gov.au/research/online-safety-for-young-people-intellectual-disability • Netsafe's 7 Steps to get started on-line https://netsafe.org.nz/online-safety-for-parents/ • Netsafe information about parental controls - https://netsafe.org.nz/parental-controls/	Education: • Talking to rangatahi about parental controls - https://canopy.us/2020/11/30/5-tips-to-talk-your-kids-about-parental-controls-apps/#:~:text=Engage%20with%20them%20in%20a,rather%20than%20what%20it%20prohibits. • Information about Introducing parental controls to kids • Step 1 of Netsafe parent toolkit (Understand) -	Education: • Step 5 of Netsafe parent tool kit (teach basic on-line safety concepts) - https://netsafe.org.nz/online-safety-parenting-toolkit-teach/ • Step 6 of Netsafe parent tool kit (model the behaviours you want to see) - https://netsafe.org.nz/role-model/ • Step 7 of Netsafe parent tool kit (plan what to do if things go wrong) -		

	• Guidance for appropriate device use at various ages (LinkedIn article) - https://www.linkedin.com/pulse/guide-digital-safety-all-ages-hari-ravichandran/ • Netsafe guide to social media use, gaming, adult content, and digital addiction https://www.spark.co.nz/help/scams-safety/connected-families/at-home/ • Unicef overview of healthy screen use for young people • Research article about the pros and cons of digital use Parental controls overview • Social Media Guide for at home use (Spark) – tools for keeping kids safe when using devices at home • How to develop a technology use agreement - https://netsafe.org.nz/make-a-plan/	https://netsafe.org.nz/understand/ • Step 2 of Netsafe parent tool kit (Learn – find out what your child is doing online now) - https://netsafe.org.nz/learn/ • Step 3 of Netsafe parent tool kit (Explore – explore the tech that your child uses) - https://netsafe.org.nz/explore/ Step 4 of Netsafe parent tool (Agree expectations) - https://netsafe.org.nz/agree/ Guidance for on-line use at home (gaming, adult content, social media safety, on-line addiction) - https://www.spark.co.nz/help/scams-safety/connected-families/at-home/#tabgallery-3 Parental Control options: • Netshield • Apple parental controls • Android parental controls • Trend Micro Agreements on digital use: • Ministry of Education family agreement template - https://www.digitaldiscipline.co.nz/_files/ugd/333b82_a519c6c873ca4530a17531cb633eab31.pdf • Netsafe online treaties' for various ages - https://netsafe.org.nz/family-safe-online-treaty/ • How to limit video game time article	https://netsafe.org.nz/online-safety-parenting-toolkit-plan/		
Rangatahi resources	•	• Why parents worry about you being online			

2. Values and Attributes

Goal: I use technology on a way that supports my personal integrity, personal connections, and positive life outcomes

2. Values & Attributes	Support		Educate		Empower
	Introducing	Emerging	Engaging	Extending	Empowering
Next steps	Family, whānau and supporters learn about on-line values and attributes, including: • integrity • personal connections • online actions and the connection to 'real life'	Identify tools to support rangatahi to understand values, attributes, and self-worth Build the connection between self-worth and online actions	Encourage rangatahi to value themselves, and to take a holistic view of self-worth and online self Engage with providers (e.g., schools, counselors, social workers, education specialists) to ensure rangatahi are supported in understanding self-worth	Support rangatahi to extend personal integrity in all aspects of their life	Empower rangatahi to be successful digital citizens whose actions reflect their personal integrity
Family and whānau Resources	• Encouraging strong values and behaviour in pre-teens https://raisingchildren.net.au/pre-teens/behaviour/encouraging-good-behaviour/being-a-role-model • Tips for raising a confident teen https://www.verywellfamily.com/essential-strategies-for-raising-a-confident-teen-2611002 • Article about digital life and wellbeing effects https://www.childrenandscreens.com/findings/digital-youth-well-being-findings/ • Article about What is self-worth and how can we build it? • https://www.commonsense.org/education/articles/teaching-digital-citizenship-to-students-who-learn-and-think-differently	Self-esteem and self-worth: • Identify and Me – right now! • Building self-worth • Youthline • Self esteem • Digital wellbeing Online etiquette • Encouraging positive online behaviour • "Netiquette" – online etiquette Other: • Local counselling services, as needed	• On-line etiquette https://www.childnet.com/blog/online-etiquette-or-netiquette-the-dos-and-donts-of-online-communication/ • Information about Digital identity • Tips for helping young people to have positive and happy on-line experiences https://www.unicef.org/rosa/blog/keeping-young-people-stay-safe-online%E2%80%AF%E2%80%AF • Healthy online relationships	• Understanding digital self-harm • Teaching about online pornography	
Rangatahi resources	•	• Tips for building your self-worth https://www.twinkl.co.nz/blog/what-is-self-worth-how-to-build-it-10-top-tips • Ways to build self-esteem https://kidshealth.org/en/teens/self-esteem.html • Online wellbeing – various resources	• Book about balancing on-line and in-person fun (for younger tamariki and rangatahi) - https://chiefbookseries.com/products/lemalie-and-sakalias-school-holiday • The effect of social media use on wellbeing https://www.digitaldiscipline.co.nz/_files/ugd/333b82_2149fd418d544436a33d51d7d40f5815.pdf • Checklist: Is my social medial	• On-line porn use self-check - https://thelightproject.co.nz/resources/porn-use-self-check/ • Information about safe and respectful on-line relationships - https://netsafe.org.nz/safe-relationships/	

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		use a problem? https://www.digitaldiscipline.co.nz/how-do-i-know-if-i-have-a-problem • The Light Project – resources about on-line porn https://thelightproject.co.nz/youth/		

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3. Cyber safety aware

Goal: I know what using digital technology safely looks like. I know what to do if I don't feel safe.

3. Cyber Safety Aware	Support		Educate		Empower
	Introducing	**Emerging**	**Engaging**	**Extending**	**Empowering**
Next steps	Family, whānau, and supporters learn about cyber safety – what it is and what the key challenges are for rangatahi	Identify tools to support rangatahi to understand cyber safety and how it relates to them Support cyber safety education needs	Encourage rangatahi to use cyber safe practices Engage with providers (e.g., schools, counselors, social workers, education specialists) to ensure rangatahi are supported in learning at their pace	Support rangatahi to extend their cyber safety practices by knowing how to report issues Support rangatahi if they make mistakes with cyber safety	Empower rangatahi to manage their own cyber safety
Family and whānau Resources	• Police: what is cyber safety? • Keeping your family safe online • Internet safety and young people • Internet Matters	• Cyber safety types • Internet safety • How to keep children safe online • Practical tips for parents • Tools supplied by John Parsons to Hohepa • Guidelines for talking about on-line porn https://thelightproject.co.nz/whanau/talking-with-teens/	• Teaching internet safety • John Parsons – cyber security expert resources • A parent's guide to Instagram - https://netsafe.org.nz/wp-content/uploads/2015/10/Parents-Guide-to-Instagram-NZ-FINAL.pdf • Resources for whanau /adults about on-line porn - https://thelightproject.co.nz/resources/parent-resources/ • Guidance for whanau about gaming - https://www.spark.co.nz/help/scams-safety/connected-families/at-home/#tabgallery-1 •		
Rangatahi resources	• Be internet awesome: https://beinternetawesome.withgoogle.com/en_us/	• The Light Project – resources about on-line porn https://thelightproject.co.nz/youth/	• Information about help with bullying or abuse - https://netsafe.org.nz/youth-bullying/ • Youthline – confidential support for any issues experienced by youth - https://www.youthline.co.nz/phone-counselling.html or phone (0800) 37 66 33		

4. Digitally literate

Goal: I have the skills and strategies I need to use digital technology in a way that enhances my life.

4. Digitally literate	Support		Educate		Empower
	Introducing	**Emerging**	**Engaging**	**Extending**	**Empowering**
Next steps	Learn what digital literacy is and what it means for a young person Understand the importance of digital literacy for rangatahi	Identify tools to support rangatahi to understand digital literacy and why it is important	Encourage rangatahi on their digital literacy journey Engage with providers (e.g., schools, counselors, social workers, education specialists) to ensure rangatahi are supported in learning at their pace	Support rangatahi to extend their digital literacy Support rangatahi to further their digital literacy journey	Empower rangatahi to manage their own digital literacy journey Ensure rangatahi are able to access ongoing learning and support as needed
Family and whānau Resources	• [What is digital literacy?](#) • [What is digital media literacy and why is it important?](#) • [Digital inclusion outcomes framework](#) • [App age ratings](#) • [App reviews](#) • [How do I know if an app is age appropriate](#) [for my child] • [An overview of apps used by children](#) • [Basic digital literacy for children](#) • [UNICEF digital literacy](#) – 10 things to know • https://www.commonsense.org/education/articles/teaching-digital-citizenship-to-students-who-learn-and-think-differently • https://www.readingrockets.org/topics/learning-disabilities/articles/teaching-digital-citizenship-kids-learning-and-attention • https://teenpregnancy.acf.hhs.gov/resources/digital-citizenship-youth-idd • https://www.researchgate.net/publication/356495262_Digital_Citizenship_Technology_Access_and_Use_for_Youth_With_and_Without_Intellectual_and_Developmental_Disabilities	• [Digital literacy and the NZ curriculum](#) • [Digital inclusion](#) • [Low-cost Internet access – vis Spark](#)	• [Training programme](#) • [RAD: Recycled digital devices programme](#)	• [Digital Futures Aotearoa](#)	

| Rangatahi resources | | | • Digital discipline
• Support for Pacific people in tech | • Hagley Adult Literacy – study options for youth, including digital literacy https://www.hagleyadultliteracy.org/general-1-1
• Becoming a Digital Citizen course at ARA https://www.ara.ac.nz/products/standalone/acdc111-becoming-a-digital-citizen/
• Technology help drop-in sessions: chch public libraries https://my.christchurchcitylibraries.com/computers-and-coffee/#Free | |

5. Digitally fluent

Goal: I am a thriving digital citizen who is digitally empowered.

4. Digitally fluent	Support		Educate		Empower
	Introducing	Emerging	Engaging	Extending	Empowering
Next steps	Learn about digital fluency and why it is important	Identify tools to support rangatahi to understand digital fluency and why it is important	Encourage rangatahi on their digital fluency journey	Support rangatahi to extend their digital fluency	Empower rangatahi to manage their own digital fluency journey
Family and whānau Resources	• What is digital fluency? • NZ Govt goals towards digital fluency • Digital fluency overview •	NZ Curriculum: Digital fluency Generation Online Enabling e-learning – Ministry of Education	•		
Rangatahi resources		•		Digital Natives Academy	