

2. Digital Citizens: How am I doing?



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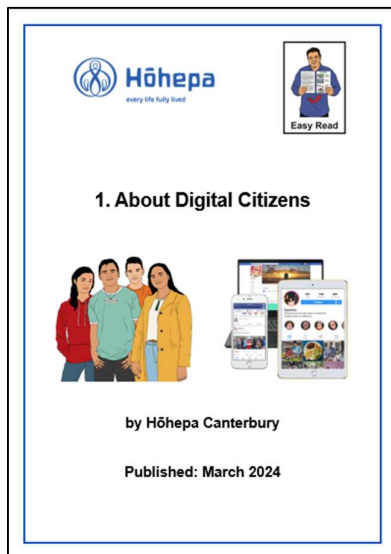
What is this document about?



This document is a way to check how you are doing in the Digital Citizens programme.



The Digital Citizens programme was made by Hōhepa Canterbury.



There is an Easy Read document called:

About Digital Citizens

About Digital Citizens tells you more about Digital Citizens.



You can find it at:

netsafe.org.nz/supporting-people-with-intellectual-disabilities/



You should read **About Digital Citizens** before this document.



The Digital Citizens programme supports you to use **digital technology**.



Digital technology means things like:

- smartphones
- laptops
- websites
- social media like Facebook or TikTok.



My journey to being better connected that can technology in a way that is safe, empowering and supports my wellbeing - is a successful digital citizen.

Measures	GOAL	Introducing	Emerging	Engaging	Extending	Empowering
1. Learning/Competence Skills	Gain appropriate skills and knowledge to use digital technology safely, effectively and responsibly in my working life.
2. Values and Attitudes	Use technology in a way that respects the rights and privacy of others and supports my wellbeing.
3. Digital Safety/Security	Understand and manage digital risks to my personal information and wellbeing.
4. Digital Citizenship	Be a responsible digital citizen who respects the rights and privacy of others and supports my wellbeing.
5. Digital Wellbeing	Use digital technology in a way that supports my mental, physical and social wellbeing.
Next step	OTHER CONSIDERATIONS					
Use and misuse					

There is a version of this document that is:

- not in Easy Read
- set out as a table.



You might want to look at this as well to make it easier to understand the information.



This document is meant to be used as part of the Digital Citizens programme.

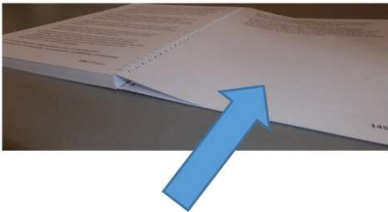
You may need support to understand it.



The next part of this document is in 5 parts:

- support / safeguard needs
- values and attitudes
- cyber safety aware
- digitally literate
- digitally fluent.

These are different parts of digital literacy.

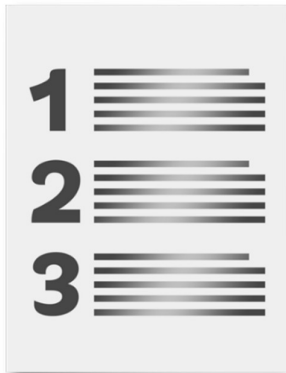


We will explain what each part means later in the document.



Each of these parts has:

- a goal which is where you want to be / what you want to be able to do.
- different **levels**.



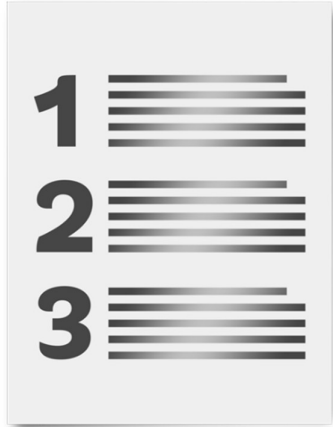
Levels show the different things you might know / be able to do.

The first level is **introducing**.

At the **introducing** level you might not:

- know much
- be able to do much





The other levels are:

- emerging
- engaging
- extending
- empowering.



Empowering is the highest level.

At the empowering level you will have what you need to:

- make your own choices
- understand the choices you are making
- be part of supporting others or making digital spaces better.



1. Support / safeguard needs



This part is about what:

- support you need
- safeguards you need.



Safeguards are things that make using digital technology safer for you.

The goal is:

I am supported so I can use technology in a way that is:

- safe
- supports my wellbeing.



Introducing



I do not know what support I need.



For example:

- I might not use digital technology at all.



- I might be able to use digital technology however I want.



- my technology use might be harming my wellbeing.
- my technology use may not be a good fit for:

- my age
- where I am in my life.



Emerging



There are things set up to keep me safe when using technology.

I know why this is important.



I still might find it difficult to change to these ways of keeping safe.



I get assistance to set goals for how I use digital technology.

Engaging



I am starting to have less safeguards / support.

This is because I understand safe technology more.



Extending

I am able to use digital technology in a safe way.



I may need some support / safeguards to support me doing this.

Empowering

I am empowered to use technology in a way that

- is safe
- supports my wellbeing.

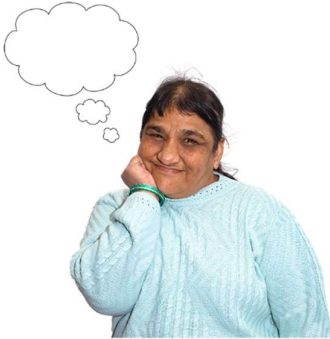


Wellbeing is having a good life in lots of different ways like:

- feeling safe
- being able to learn
- making friends.

If I still have supports/safeguards I know they are best for me.

2. Values and attitudes



This part is about your:

- values
- attitudes



Values are the ideas / beliefs that are important to you.



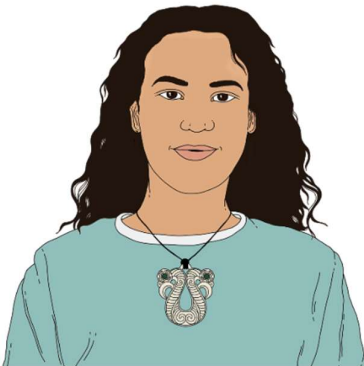
Attitudes are what people think / feel about things.

The goal is:



I use technology in a way that supports me to:

- keep up my relationships with people
- stay true to myself
- do things that are good for my life.



Staying true to myself means I:

- know what sort of person I am
- do not try to be different to make other people happy.

Introducing



I know how to be safe in other parts of my life.



I might not know how being safe works on the internet.

I sometimes make choices that are not safe.

Emerging



I am starting to understand the link between:

- what I do in real life
- how things are with digital technology.



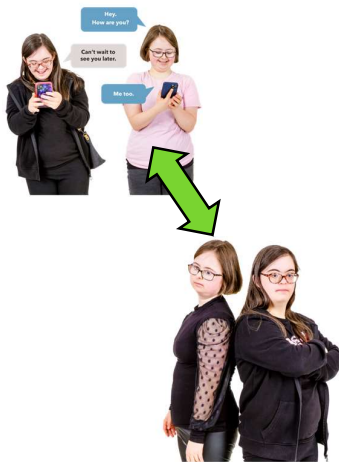
I may need support sometimes to make sure I am safe



Engaging

I am getting more self worth

Self worth is knowing you are important



I am starting to understand the link between what I do online and who I am in real life.



Extending

I know my self worth.

I have **personal integrity**.



Personal integrity is:

- knowing what is important to who you are
- doing the things you know are right.



The way I am in all parts of my life shows my:



- self worth
- personal integrity.



This includes my online life.

I may make mistakes then not tell anyone because I feel bad.



Empowering

I use digital technology in a way that shows I value myself



On the internet I:

- tell the truth
- am **respectful**.



Being **respectful** means thinking about how other people feel.



I ask for assistance when I need it.

3. Cyber Safety Aware



This part is about being aware of **cyber** safety.



Cyber is another word for:

- digital technology
- the internet.



The goal is:

I know what using digital technology safely looks like.

I know what to do if I do not feel safe.





Introducing

I do not really know what cyber safety is.



I believe everything I read online.



I give people I talk to online a lot of information about me.



Emerging

I am starting to understand the ideas of cyber safety.



I know that there are risks with using digital technology.



I may need support to know what the risks are.

Engaging



I know about cyber safety.



I may need support sometimes to make sure I am safe.

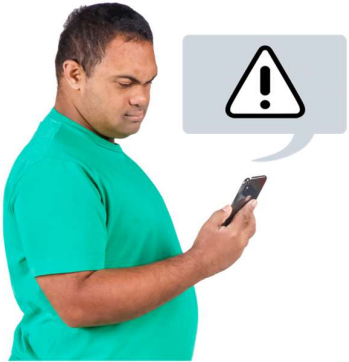


I sometimes make decisions that mean there are risks to my cyber safety.



I know I can ask for support.

Extending



I understand what safe use of digital technology looks like.

I know people make mistakes.



I know what to do if mistakes happen.

I know what to do if I do not feel safe online.

Empowering



I understand what cyber safety is.

I know how to keep myself safe online.



I can support others who may feel unsafe online.



I know to ask for support if I think I am being **scammed**.

Being **scammed** means someone is tricking you to get your:

- money
- information.



I report cyber security problems

4. Digitally literate

This part is about being **digitally literate**.



Being **digitally literate** means understanding digital technology to use it in a good way.



The goal is:

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



Skills are things you can do.

Strategies are planning the steps you need to take to do something.

Enhances means make better.

Introducing



I do not use digital technology at all.

Engaging



I can see how digital technology might be able to make my life better.



I need support to access technology.

For example:



- I use a smartphone
- I may have a laptop but I need support to do things like logging in.

Engaging



I know what digital literacy is.

I use digital technology in a way that makes my life better.



I may need support sometimes to make sure I am safe.

Extending



I can keep in touch with whānau / family or friends online.

I keep my passwords safe.



I know why keeping my passwords safe is important.



I can use digital technology when I like.

Empowering



I use digital technology in a way that is mana enhancing.

Mana enhancing means to use digital technology in a way that makes your life better.



I use different online tools.

I am a **lifelong digital learner**.



Being a **lifelong digital learner** means I keep learning for my whole life.

5. Digitally fluent



This part is about being digitally fluent.

Digitally fluent means you understand digital technology well enough to use it easily.



The goal is:

I am a **thriving** digital citizen who is digitally empowered.



I know what technology is best to use to do what I want to do.

Thriving means you are doing well.



Introducing

I use technology.

I am digitally literate.



I do not know what a digital citizen is.

Emerging

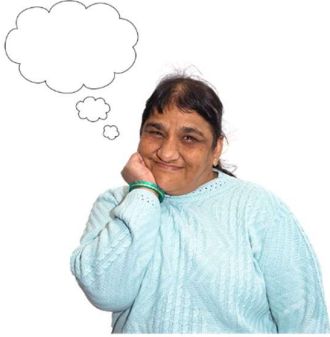


I use technology daily



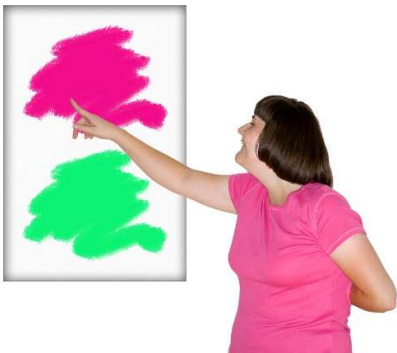
I am starting to learn about the idea of digital citizenship.

Engaging



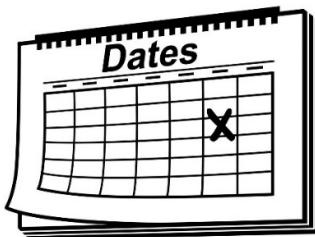
I understand the link between:

- my technology use
- digital citizenship.



When I want to make something happen I am starting to know:

- the best way to use technology to make it happen
- when to use technology to make it happen.



I am starting to be digitally empowered



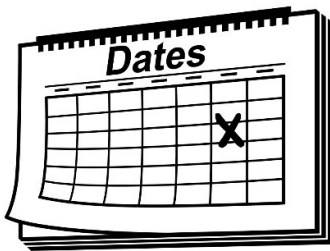
I may need support to make sure I am safe.

Extending



When I want to make something happen I know:

- the best way to use technology to make it happen
- when to use technology to make it happen.



I use technology well in different parts of my life like:

- keeping in touch with people
- organising things
- fun.



I understand that technology can support me in lots of different ways.

Empowering



I use technology in a way that means
I can understand what I want for my
life



I am a fully engaged digital citizen
which means I:

- know what I am doing
- think about what I am doing.



Technology empowers me.

I am a thriving Digital Citizen.

Other things to think about



When seeing how you are doing it is also important to think about if:

- you have used digital technology before
- there have been any **restrictions** on your use of digital technology
- you have your own:
 - computer
 - smartphone
- you are using apps / sites meant for people older than you
- digital technology is affecting your sleep.





Restrictions are:

- rules
- things you are not allowed to do.



There are websites you can use for advice on:

- apps
- websites
- how old you should be to use an app or site.



You can find 1 of these sites at:

commonsensemedia.org/app-reviews

More information



You can find more information at:

netsafe.org.nz/supporting-people-with-intellectual-disabilities/



You can also contact us by email at:

info@hohepacanterbury.com



This information has been written by Hōhepa Canterbury.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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