

CHALLENGES THAT FACE TODAY'S TEENS

BEHAVIORAL

Disinhibition
Impulsivity
Dependence
Distraction

SOCIAL

Miscommunication
Online aggression
Cyber bullying
Unwanted contact

PSYCHOLOGICAL

Anxiety
Depression
Addiction
Isolation

DAY-TO-DAY

School work
Physical health
Consequences
Exposure

“ The Digital Citizenship Project and the Tech Smart program present parents and children with a practical set of tools and strategies that proactively provide the knowledge and skills to engage in healthy and responsible digital behavior. This is the program that we have been waiting for!”

*David Pelcovitz, Ph.D.,
Professor, Straus Chair in Psychology & Education,
Yeshiva University*

“ While advancements in technology present us with new opportunity, we are also seeing the negative impact it can have on the mental health and social functioning of today's youth. Too many of our school aged children and their parents are unprepared for the responsibility that comes with the power of technology. Dr. Eli Shapiro has created, what should be required learning for parents, children, educators and mental health professionals, with The Digital Citizenship Project and The Tech Smart Program. I encourage school districts, social service agencies and communities alike to take advantage of this wonderful program.”

*Phillip Goldfeder
New York State Assembly
Committee on Mental Health*



To bring Tech Smart
to your school or community visit
www.thedigitalcitizenship.com
or email
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#THE DIGITAL
CITIZEN
SHIP PROJECT

P R E S E N T S



TEACHING
DIGITAL RESPONSIBILITY
IN THE AGE OF TECHNOLOGY

WHAT IS THE DIGITAL CITIZENSHIP PROJECT?



The Digital Citizenship Project seeks to educate schools, parents, students and communities on the norms of appropriate, responsible and healthy behavior with regard to technology use.

TECHNOLOGY INFLUENCES NEARLY EVERY FACET OF OUR LIVES

and children today are placed in a digital playground, often without instructions and supervision.

The Digital Citizenship Project was designed to empower parents, teachers and students to maximize the benefits of technology by understanding and avoiding its inherent dangers.

Why is learning Digital Citizenship important?

There are many aspects of the digital realm that can be problematic for the average young adult. Unfiltered web content, the public and permanent nature of digital footprints and the promotion disinhibited and impulsive behavior, make the digital realm a high risk environment for problematic and self-destructive behavior. Children that are afforded the opportunity to be educated and prepared for the digital realm will be more successful in navigating and maximizing the opportunities that technology has to offer, while reducing its consequences and pitfalls.

Isn't an internet filter enough?

Internet safety is only one aspect of digital citizenship. The availability and affordability of electronic devices such as cell phones, gaming devices, and MP3 players, make digital safety and responsibility an even more prevalent issue. While exposure to inappropriate web content can have damaging effects, the impact on communication, socialization, psychological well-being and real world interactions, can be equally problematic.

How does technology impact socially?

While technology offers much in the way of accessibility and communication, it is also the breeding ground for negative social interaction including cyber bullying, aggression, texting addiction, artificial relationships, social isolation and qualitatively diminished real world social interactions.

How does technology impact psychologically?

There exists a negative correlation between degree of technology engagement and subjective well-being. The higher degree of engagement with and dependence on technology the more likely a person is to experience anxiety and depression. Other psychological issues associated with technology include, addiction, insomnia and traumatic symptoms as a result of exposure to graphic content.

How can The Digital Citizenship Project help?

The Digital Citizenship Project educates and empowers school faculty and parents in the issues that surround technology and better prepares them to support and supervise their children's use of technology. For students, The Digital Citizenship Project educates in how to navigate the digital realm and maximize what technology has to offer, while minimizing its negative impacts.

