

Empowering tomorrow's
digital citizens, **today**

**National
eSmart Week
eBook
2024**



eSmart
alannah & madeline
foundation 

esmart.org.au

Digital Citizenship

What is digital citizenship?

Digital citizenship encompasses all aspects of our online behaviour including:

- How we communicate and interact with others online
- How we create and consume digital media
- How we share information including our personal data and that of others
- And the way we present and represent ourselves in digital spaces.

Digital and media literacy are the knowledge and skills students need to: create, manage, communicate and investigate data, information and ideas; solve problems; and work collaboratively at school and in their lives beyond school.

Digital wellbeing refers to the way we look after the mental and physical health of ourselves and others. It considers how our behaviours and actions impact our lives, both offline and online.

Teaching online safety ensures that young people are aware of the potential risks that can exist in the online world, and arms them with the skills and knowledge to either prevent the risks from occurring, or to respond appropriately if they do.



Positive Digital Citizenship Poster

Print and hang up the poster on the next page in your school or send it home with your students to share with their parents and carers to promote positive digital citizenship!

Being a positive digital citizen means...

**Keeping
personal
information
private**

**Protecting
my digital
reputation**

**Standing up
to and
reporting cyber
bullying**

**Following
my school's
Acceptable
Use Agreement**

**Thinking
before I post**

**Respecting
others and
myself**

**Giving credit
to other
people's ideas
and work**

**Keeping
balance in
my life**

**Empowering tomorrow's
digital citizens, today**

My online pledge

When I am online, I pledge to...

Signed.....



Want more support for keeping families safe online?

Involve families in the conversation by encouraging them to create their own family tech plan.



eSmart Digital Licence+

A free online learning tool to help your students develop the digital literacy skills they need to thrive in an online world.

Digital technology is part of everyday life for children and young people as they live, learn and play.

By developing their digital literacy, young people can harness the opportunities and overcome any challenges they face in a digital world. These skills can help to develop the foundations they need to thrive as they continue their learning journey.

Discover modules that cover:

- Self-regulation
- Kindness
- Vigilance
- Empathy

To help your students gain the knowledge they need to become positive digital citizens in their class and community!

eSmart Digital Licence+ is:

- Australian curriculum-aligned
- Interactive and engaging
- Contains relatable scenarios and guided reflections for students
- A great tool for students in Years 4 – 6, with content also relevant to surrounding year levels.

By completing each module, students work towards attaining their digital licence.

**Free for all
Australian schools!**
Learn more at
[esmart.org.au/
digitallicence](https://esmart.org.au/digitallicence)



Digital Literacy

Early years activity (F-4):

This learning experience will encourage students to become "digital detectives" and to explore how to safely exchange information online: [Collaborate and exchange - Digital detective](#)

Primary activity (5-6):

Complete Module 5: Building Your Own Shield in the eSmart Digital Licence+

This module supports students to understand the attributes or 'red flags' of a cyber threat, and know the strategies to identify, deal with, report and remain vigilant to cyber threats.

Follow these steps to get started!

1. Check whether your school is already registered for the DL+. Ask your leadership team or contact us with your school name and postcode
2. Following the advice you receive in Step 1, either register your school and upload your classes, or contact your school Coordinator to upload your classes, using this [handbook](#) as a guide.
3. Unlock Module 5: Building Your Own Shield
4. Provide students with their username and temporary password. You are now ready to get started.

Please note: If you wish to complete this activity, you will need to set up your class in advance. Make sure you leave time for this!

For teachers - [Supporting activity](#) to do in class

For parents/carers - [Resource](#)

For school/take home - Print out this [poster](#) on how to avoid being scammed and stick it around your schools or at home!



Digital Literacy (Continued...)

Secondary (7-8):

Complete Module 2: Powered by Will in the eSmart Digital Licence+

This module helps students to understand, identify and counter persuasive design. Technology is designed to hold our attention in various ways, which makes it hard to achieve a healthy and balanced use of technology.

Follow these steps to get started!

1. Check whether your school is already registered for the DL+. Ask your leadership team or contact us with your school name and postcode
2. Following the advice you receive in Step 1, either register your school and upload your classes, or contact your school Coordinator to upload your classes, using this [handbook](#) as a guide.
3. Unlock Module 2: Powered by Will
4. Provide students with their username and temporary password. You are now ready to get started.

Please note: If you wish to complete this activity, you will need to set up your class in advance. Make sure you leave time for this!

For teachers - [Supporting activity](#) to do in class

For parents/carers - Do this [activity](#) at home to practice and learn self-regulation strategies

Additional eSmart Digital Licence+ unit plans are now available on cool.org

Check them out for ideas on how you can extend the learnings available in DL+.





eSmart Media Literacy Lab

A free and fun gamified learning platform that empowers students to navigate the media landscape.

Children and young people increasingly access their news from social media, but many do not understand how algorithms select the news they see.

The eSmart Media Literacy Lab was developed to assist teachers in bridging this skills gap within their classroom and includes dedicated resources and lesson plans to help teachers deliver the content in the classroom.

The Lab supports students to:

- Reflect on how they engage with media
- Consider sources of information
- Analyse the techniques used by creators of media

As they build critical thinking skills around media and content consumption.

eSmart Media Literacy Lab is:

- Australian curriculum-aligned
- Underpinned by the eSafety Commissioner's Best Practice Framework for Online Safety Education
- Evidence-based
- A great tool for students in Years 7-10, with content also relevant to surrounding year levels



**Free for all
Australian schools!**
Learn more at
[esmart.org.au/
medialiteracylab](https://esmart.org.au/medialiteracylab)

esmart.org.au

Funded by the Australian Government

Media Literacy

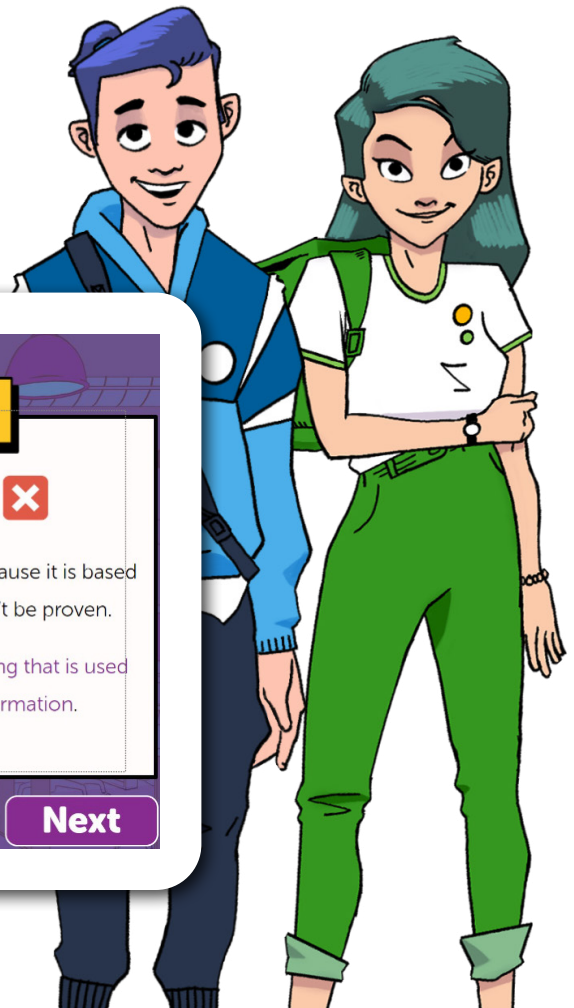
Access to media literacy education is a fundamental right for all children. We want all children to be smart and responsible media users, consumers and producers as they grow and develop, with agency to make informed decisions online.

“Media literacy is the ability to critically engage with media in all aspects of life. It is a form of lifelong literacy that is essential for full participation in society”

- Australian Media Literacy Alliance (AMLA)

The Media Literacy Lab (MLL)

The Media Literacy Lab (MLL) is a gamified, interactive digital learning tool that equips students with knowledge and skills to support critical thinking and civic participation. It provides the opportunity to reflect on engagement with media and emphasizes responsibility as digital citizens.



Click below to use the pre and post lesson activities when completing Module 1 of Media Literacy Lab (MLL):

Year 7:

[Pre-lesson activity](#)

[Post-lesson activity](#)

Year 8:

[Pre-lesson activity](#)

[Post-lesson activity](#)

Online Safety

Check out the resources below to explore online safety in your school. Resources are available for students of all ages to help them navigate safely online.

Early years (F-2)

Hands on: Complete eSmart's [5 Ps of a positive digital footprint](#) to explore online reputation & print out the attached poster to put up around your classroom!

Watch and Learn: Use eSmart's [Socialising Safely resource](#) create a technology agreement

Lower Primary (3-4)

Hands on: Complete eSmart's [Send me a pic](#) to create agreed guidelines on when it is ok to share photos, and how to ask permission.

Watch and Learn: [5 P's digital footprint](#)

Upper Primary (5-6)

Read and reflect: Share the [Password Tips for Students](#) to ensure your students keep their accounts safe.

Watch and Learn: Use the [Bullying is never ok! resource](#) to explore ways to support other

Lower Secondary (7-8)

Hands on: Use the [Respect Matters teaching guide](#) from the eSafety commissioner to teach about upstanding and bystanding, and respectful online behaviour.

Watch and Learn: Use the resource [Play it safe and fair online](#) from the eSafety commissioner to learn strategies to manage wellbeing.

Upper Secondary (9-10)

Hands on: [The Earth charter](#) was initiated by the UN and is a declaration of global ethical principles. Apply this to the online world: Ask students to research and present arguments on the themes of conflict resolution, rights and responsibility, and divergent values.

Watch and Learn: Use View the video [Anonymous accounts and cyberbullying](#) to explore empathy and kindness when participating online. Discuss why recognising and changing mistakes is important.

**Print out this [poster](#) from the 5Rights Foundation and stick it up around your classroom/school!
Create a chart showing how your class currently believes these rights are or are not being met.**

It's time for the DigiTalk...

Launched in 2023 by the Alannah & Madeline Foundation in partnership with Telstra, DigiTalk is an online safety hub dedicated to providing parents and carers with practical strategies and a range of free resources that help safely navigate the digital world.

In research conducted by Telstra, four in five (79%) parents say they have had a 'talk' with their children about how to stay safe online, with half (49%) noting they talk about this matter a lot. But despite this, almost one third (31%) of Aussie parents of kids aged 5-17 years say they aren't sure/have no idea where their kids are spending time online.

One way for families to establish a healthy approach to technology is to put a Screen Smart Plan in place. You can download a Screen Smart Plan template on the DigiTalk website. Involve the whole family, print it out and put it in an easy to access place in your home to remind everyone what you have agreed upon. Below are some key considerations to finding a healthy balance to tech at home. Read the full article 'Finding Balance: Becoming a Screen Smart Family' at digitalk.org.au.

1. Set clear boundaries

Establish rules and guidelines for screen use within the family, including designated areas for tech usage and restrictions on screen time in certain spaces like bedrooms.

2. Prioritise communication

Engage in open and honest discussions with your child about the purpose and importance of age restrictions for accessing new games or shows.

3. Strike a balance

Encourage a healthy balance between screen time and other activities by defining appropriate time limits for tech use and ensuring that tasks such as homework and chores are completed before engaging with screens.

4. Foster shared experiences

Identify activities that the whole family can enjoy together, both involving screens and promoting offline interactions, to model a balanced and positive relationship with technology.

5. Lead by example

As a parent or caregiver, it's crucial to adhere to the established Screen Smart Plan and demonstrate responsible screen use – modelling the desired behaviour reinforces the importance of maintaining a balanced approach to screen time for everyone in the family.

Keep track of your progress for National eSmart Week 2024 with the to-do sheet below:

National eSmart Week

Progress Sheet

National eSmart Week 2024

To-do list:

- Register your school for DL+
- Complete 1 Module of DL+ with your students
- Complete 1 Module of MLL
- Hang up a poster to promote digital citizenship
- Participate in a webinar (or storytime!)
- Use a resource from this eBook
- Check out the eSmart website
- Share your National eSmart Week participation on social media
- Choose your own goal



Visit the [National eSmart Week](#) website to find more resources and to register to the webinars!

Contact the team for more information about
our programs: Email esmart@amf.org.au

Or call 1300 592 151

