

Our Digital Values Checklist

Before your family meeting, review this checklist to help you plan what to discuss. Add notes and details to fit your personal family views and concerns.

Our Digital Values

Many values that are important to your family are equally important when considering tech and social media use.

☐ **Kindness and Respect**

- ☐ Be kind and respectful to others in person and online.
- ☐ Only say and write things you would say to someone face-to-face.

☐ **Privacy**

- ☐ Keep important information like location, address, and passwords private.
- ☐ Do not take, post, or share inappropriate photos of anyone.
- ☐ Remember, once something is shared online, it is no longer private.

☐ **Honesty**

- ☐ Be honest about your tech use and share concerns with your parents.
- ☐ Which family members are allowed contacts?
- ☐ Which apps and websites are allowed?

☐ **Legacy**

- ☐ Consider how your online presence today will reflect on you in the future.
- ☐ Employers, colleges, recruiters, scholarship committees, and other organizations search digital and social media sources and use the results to make their decisions.

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Social Media

When discussing social media expectations, consider both private messages and public posts.

- ☐ **Remembering the Golden Rule:** Treat others the way you would like to be treated.
- ☐ **Respect:** Respect yourself and others.
 - ☐ Respect the digital property of others.
 - ☐ Respect varying viewpoints and opinions.
- ☐ **Privacy:**
 - ☐ Do not share personal information, passwords, or locations on social media (publicly or privately).
 - ☐ Even apps with messages and images that vanish can still be copied and recorded by others.
 - ☐ Once someone else has a digital image or text, you no longer have control over who else sees it
- ☐ **Allowed Social Media Platform(s):**
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
- ☐ **Trends:** Learn to tell which viral trends are harmless and fun and which are unkind and unsafe.
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____
 - ☐ _____

Healthy Skepticism

Citizens of the digital world need to develop unique skills and knowledge. Separating fact from fiction and sincerity from manipulation requires discernment. Knowing how to question the source of information rather than believing everything you see, read, and hear can help protect you and your family as you use technology.

Savvy digital citizens:

- ☐ Find and recognize safe, trusted sources of information and news for personal and school research
- ☐ Learn how to recognize and manage:
 - ☐ Spam and phishing emails, texts, or phone calls
 - ☐ Other suspicious emails, texts, posts, or websites
 - ☐ Verification code scams
 - ☐ Catfishing, not everyone online is who they appear to be
 - ☐ Photos, writing, videos, and voice calls that are manipulated to hide the source
- ☐ Recognize common red flags:
 - ☐ Offers or promises that seem too good to be true
 - ☐ Urgent, rushed deadlines designed to fluster users into reacting without thinking
 - ☐ Generic, misspelled, or poorly worded emails that claim they come from a well-known business or company
 - ☐ Messages sent from unlikely email addresses rather than expected company email accounts
 - ☐ Prompting or goading users to react emotionally
- ☐ _____
- ☐ _____
- ☐ _____

Artificial Intelligence (AI)

Consider how AI use can reflect your family values.

- ☐ Appropriate and inappropriate uses of:
 - ☐ Traditional AI
 - ☐ Generative AI
- ☐ Allowed/Not allowed uses—schoolwork, creation (art, writing, videos, projects), social media, as a friend or confidant, for mental health or medical advice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes:
