

**Workbook**  
**Digital Education and Safety:**  
**How to Browse the Web and Use Digital Resources**

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## Some Key Points/Tips

<b>ECPA Federal Law</b>	<b>COPPA Federal Law</b>	<b>Ne-Etiquette and Digital Wellness</b>	<b>Digital Wellness</b>
Enacted in 1986	Enacted in 1998	Be kind and respectful to others	Make sure you trust the site or the people you are interacting with online
Governs the interception of wire, oral, and electronic communication	Protects online privacy of children under age 13	Know your audience : to whom are you communicating. Do not use all CAPS . It is yelling	Be mindful of how much time you spend online.  Take breaks.
Provides legal standards for government surveillance of electronic communication	Obligates website operators to obtain parental consent to collect personal information from children Name, address, e-mail, phone, and geolocation	Think before you type and send messages to ensure they are friendly and appropriate. Rule: review, review, review, send	Switch off distractions. Ask your teacher for an app that can help you stay focused while online
Provides protection of email, voicemail, and data stored electronically	Mandates clear privacy policies and procedures for obtaining parental consent	Avoid sharing personal information like your full name, address, phone number, or school name online	Monitor your activities. Think of how what you watch make you feel: sad, angry, hopeless . Stop, talk to someone
Outlines requirements for obtaining search warrants, court orders, and subpoenas for accessing electronic communication	Imposes restriction on use and disclosure of children's personal information	Respect people's privacy by not sharing private conversations or secrets without their permission	If something makes you uncomfortable tell a responsible adult
Addresses the disclosure of electronic communication by third party providers	Overseen by Federal Trade Commission: Empower parents and protect children from unauthorized data collection and online tracking	Do not forward or send long or inappropriate messages	Turn off screens an hour before bed.






## Social Emotional Skills and Digital Learning

Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
Self-confident. Not easily moved by the portrayal of others online	Skills that focus on how to manage time on the internet.	Knows how to interact appropriately with others on line	Knows who befriend, and what to talk about	Knows what information to reveal online
<b>Example: Developed</b>	<b>Example: Developed</b> Has a schedule that determines how much screen time on each	<b>Example: Developed</b> Chooses which videos to like or share and pots appropriate comments	<b>Example: Developed</b> Is always aware of audience. And engages in appropriate conversation	<b>Example: Developed</b> Never shares personal info; reports and suspicious asks
<b>Example: Undeveloped</b> Posts inappropriate images of self online	<b>Example: Undeveloped</b> Spends 8 hours gaming after school and never finds time to complete homework	<b>Example: Undeveloped</b> Criticizes friends, make demeaning comments in response to posts	<b>Example: Undeveloped</b> Knowingly engages in chats with adults	<b>Example: Undeveloped</b> Divulges personal information of self and of others

Reference: You may refer to the ECPA and COPPA Federal Laws for more details on the two major laws governing internet and education. There is more information on netiquette, digital wellness, and SEL and digital learning at

Thank you for your time.

Feel free to reach out!

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