

Digital Citizen News

Volume 5 : Issue 6 - February 2022

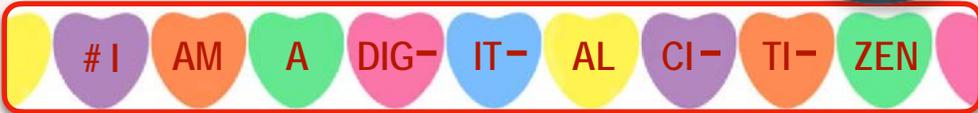
"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
— Martin Luther King, Jr.

CELEBRATE BLACK HISTORY MONTH!



DIGITAL CITIZENS - STAY WARM THIS FEBRUARY - WRAP YOURSELF WITH COMPETENCY!

THIS MONTH WE LOOK AT ISTE's NUMBER 5



IT'S NOT TOO LATE TO CREATE SOME DIGITAL CITIZENSHIP POSTER ART AND TO ENTER IT IN OUR -

DON'T FORGET

4th Annual Digital Citizenship Poster Art Contest 2021-2022

We invite all students in the GST BOCES Component School Districts to participate in our poster contest for a chance to have their artwork published in our monthly Digital Citizenship Newsletter that is shared across New York State.

Download the **Guidelines, Rules, and Requirements and an entry form** at: <http://go.gstric.org/506-contest>

Deadline for entries: February 28, 2022

Important Notice: All submitted art file entries become the property of GST BOCES and may be used in future publications. Entries will not be returned. Keep a digital copy.



ScreenTime Part 1 - Are you concerned?

Are you concerned about the negative effects of too much screen for your children/students?

Most experts suggest that there may be some harmful effects for children/teens who spend too much time looking at their devices' screens.

Some of these effects include:

- Obesity
- Irregular Sleep
- Behavioral Problems
- Impaired Academic Performance
- Less time for play
- Violence

Easy steps to reduce screen time:

- Eliminate background TV
- Keep TVs, smartphones, tablets, and computers out of the bedroom.
- Don't eat in front of a screen.

Find out more about how screen time effects health with this article from the Mayo Clinic, Children and screen time: How much is too much? <http://go.gstric.org/506-how-much>

Digital Citizen Competencies

100

BEING ALERT #5

80

BEING BALANCED #4

60

BEING ENGAGED #3

40

BEING INFORMED #2

20

BEING INCLUSIVE #1

0

SOME COMPETENCIES WILL REQUIRE NEW SKILLS AND PRACTICES

TURN TO PAGE 2 TO LEARN ABOUT ISTE #5 BEING ALERT



This monthly newsletter is created as part of **GST BOCES Digital Citizenship Initiative**, and is shared as part of the **RICONE DPS service**. We enjoy hearing from our readers and welcome your feedback. Send your comments, questions, and suggestions to dc@gstbores.org. Visit our website: <http://www.gstric.org/digital-citizenship>.



COMPETENCY #5

BEING ALERT

The fifth and final ISTE Core Competency for Digital Citizenship is to be alert. The competency says that

“I am aware of my online actions and know how to be safe and create safe spaces for others online.”

Being alert means that you recognize that your online activities and actions have **real world** impact, because as the phrase goes “your digital life is real life.” An alert digital citizen is someone who works **to build positivity through their digital life** and works **to make the digital world a better place** for themselves and others.

So how does a good digital citizen stay alert?

Techniques to use:

1. Think about the phrase “Is it true? Is it Kind? Is it Helpful?” - Reflecting on the content that you post or the interactions you have should build positive relationships and encourage conversation.

2. Engage in conversation, even if you disagree with someone’s opinion. Hear the other person’s point of view and respond in a respectful way.

3. Be an advocate: Do not engage in bullying behavior and “shut down” cyber bullies.

4. Be an ally: If someone you know is experiencing cyber bullying, be a support to that person and listen to their experience.

5. Be a resource: Familiarize yourself with online resources to share with others to ensure that they can find help if they are experiencing difficulties in the digital or real world. One place to start is the Cyberbullying Research Center.

<http://go.gstric.org/506-research-center>



CYBERBULLYING WARNING SIGNS

A Child May Be a Target of Cyberbullying If He or She:

1. unexpectedly stops using their device(s)
2. appears nervous or jumpy when using their device(s)
3. appears uneasy about going to school or outside in general
4. appears to be angry, depressed, or frustrated after going online (including gaming)
5. is oversleeping or not sleeping enough
6. becomes abnormally withdrawn from friends and family members
7. shows an increase or decrease in eating habits
8. seems regularly depressed
9. makes passing statements about suicide or the meaninglessness of life
10. loses interest in the things that mattered most to them
11. avoids discussions about what they are doing online
12. frequently calls or texts from school requesting to go home ill
13. desires to spend much more time with parents rather than peers
14. becomes unusually secretive, especially when it comes to online activities

Source: <http://go.gstric.org/506-warnings>



A STUDENT QUESTION

What do all the numbers on the books mean?

Libraries use a classification system to organize and group books on similar subjects together. When you are in a bookstore it might have words posted up on the walls but usually they aren't very specific and not all stores use the same words.

Most school libraries and public libraries use a system called the Dewey Decimal System to classify and order their books. This means that two libraries using this system in different parts of the country (or the world) will have books organized the same way. If you know the number of the topic you are looking for you should be able to find similar books in different libraries.

The Dewey Decimal System organizes the contents of a library based on the division of all knowledge into 10 groups, with each group assigned 100 numbers. It was developed by Melvin Dewey in 1876 when he was 21 years old. It is used in over 135 countries and it has been translated into 30 different languages.

Many research and academic libraries use the Library of Congress Classification (LCC) system developed in 1897.

MELVIL DEWEY

INFLUENTIAL
AMERICAN
LIBRARIAN

(1851-1931)



During his career, he was known as an educator, a founding member of the American Library Association, a chief librarian at Columbia University, and the director of the New York State Library.

In 1876, Dewey published his Classification and Subject Index for Cataloguing and Arranging the Books and Pamphlets of a Library in which he laid out the first modern organizational system for libraries. Many public school and public libraries still use it today.

If Melvil Dewey was alive today he might be subject to "cancel culture". Use your research skills to find out why.

Dewey Decimal System Video - <http://go.gstric.org/506-dewey-system> Poster Downloads - <http://go.gstric.org/506-dewey-posters>



ScreenTime Part 2 - How can I tell how much screen time I use daily/weekly?

Many computers and mobile devices have built-in software to let you check your screen time. This article from GuidingTech, [How to Check Screen Time on Different Devices](#), gives you step-by-step instructions on how check your screen time on iOS and android devices, and on Windows 10 and MacOS.

<http://go.gstric.org/506-time-devices>

If you would like go a little deeper you can find many software programs and apps that can give you more detail about what media and websites you are spending your time on. You can also find some parental control apps that will let you know what is going on on your child's phone/device.

- One example of this type of software is called **Bark**
- (<http://go.gstric.org/506-bark>)
- A few of its features:
- **Social Media Monitoring** - Bark tracks conversations and content on Snapchat, Instagram, YouTube, Facebook, Twitter, Pinterest, GroupMe, and more.
- **Text & Email Monitoring** - Bark works with iOS and Android to monitor texts, photos, and videos for concerning interactions.
- **Screen Time & Web Filtering** - Manage when your kids can access the internet and which sites are appropriate for them to visit.

bark 