

FOSTERING DIGITAL CITIZENS

Professional Development Course

Empowering Educators to Build Tomorrow's Digital Leaders

Course Overview

This comprehensive 45-hour four-session professional development course equips educators with the knowledge, skills, and resources needed to effectively integrate digital citizenship into their teaching practice. Grounded in research-based frameworks from ISTE and Common Sense Education, the course explores the five key elements of digital citizenship: **Balanced, Informed, Inclusive, Engaged, and Alert**. Educators will engage in hands-on activities, collaborative discussions, and practical applications that connect theory to classroom practice. Through structured reflection and implementation planning, participants will develop a personalized Digital Citizenship Action Plan tailored to their unique teaching context. By the course conclusion, educators will be prepared to foster responsible, empowered digital citizens who can navigate online spaces with purpose, awareness, and a commitment to creating positive digital communities.

Course Information

Duration: 45 hours total; 4 sessions

Target Audience: K-12 Educators; All Grade Levels and Subject Areas

Format: Asynchronous, Facilitated, Online

By the end of this course, participants will:

- Articulate the five key elements of digital citizenship and their importance in K-12 education
- Design age-appropriate digital citizenship learning experiences across grade levels
- Integrate digital citizenship concepts seamlessly into existing curriculum
- Implement strategies for teaching media balance, information literacy, and digital safety
- Foster inclusive digital communities and address cyberbullying proactively
- Develop a personalized Digital Citizenship Action Plan for sustainable implementation

Session Schedule & Descriptions

Session 1: Digital Harmony

Cultivating Mindful Tech Balance - Balancing Technology and Well-being in a Connected World

Guiding Question: *How can we empower students to develop a mindful relationship with technology that enhances rather than diminishes their well-being and learning?*

Session Description:

Embark on a journey into the delicate balance between technology immersion and digital well-being. In this foundational session, we'll explore how constant connectivity is reshaping student experiences and mental health outcomes. Through hands-on activities and collaborative explorations, you'll dive into research-backed strategies from ISTE's "Balanced" competency and Common Sense Media's well-being framework, discovering practical approaches to help students develop healthy digital habits. You'll analyze real-world scenarios, design reflective activities for different grade levels, and begin crafting classroom rituals that promote mindful technology use. Leave with ready-to-implement strategies that transform "screen time" conversations into meaningful discussions about digital wellness and purposeful technology integration across your curriculum.

Learning Objectives:

- Define digital citizenship and articulate its importance in K-12 education
- Compare and contrast major digital citizenship frameworks (ISTE, Common Sense Media, Digital Citizenship Institute)
- Examine current research on technology use patterns and their impact on student cognitive development, mental health, and social-emotional well-being
- Develop grade-appropriate strategies that promote student agency in forming healthy technology habits
- Begin to develop the Digital Citizenship Action Plan by integrating media balance concepts into existing curriculum

Session 2: Digital Wisdom**Empowering Students to Navigate Information Safely and Confidently**

Guiding Question: *How can educators simultaneously develop students' critical information literacy skills while fostering digital safety practices that empower rather than instill fear?*

Session Description:

Dive into the critical intersection of information literacy and digital safety in our increasingly complex information ecosystem. This dynamic session tackles the dual challenges of helping students become discerning information consumers while protecting their digital privacy and security. Through interactive evaluations of digital content and collaborative analysis of common online threats, you'll explore strategies that empower students rather than instill fear. Engage with practical tools from ISTE's "Informed" and "Alert" frameworks while discovering age appropriate approaches for different grade levels. Develop concrete methods for integrating critical evaluation skills across content areas and a toolkit of resources that transform students from passive consumers to active, security-conscious digital citizens.

Learning Objectives:

- Design learning experiences that build students' digital information literacy skills
- Develop age-appropriate approaches to teaching online privacy and security
- Integrate digital safety concepts across curriculum areas

- Evaluate online information
- Develop the Digital Citizenship Action Plan by integrating information literacy and digital safety concepts in the existing curriculum

Session 3: Digital Community Architects

Fostering Connection, Empathy, and Inclusion in Online Spaces

Guiding Question: *How can we help students develop the skills needed to create inclusive, empathetic digital communities rather than simply following anti-cyberbullying rules?*

Session Description:

Step into the social heart of digital citizenship where relationships, communication, and community intersect in powerful ways. This session reimagines online interactions through the lens of empathy and inclusion. Through scenarios and case studies, you'll experience firsthand how digital environments can either foster connection or enable division. Explore research-based approaches from ISTE's "Inclusive" and "Engaged" competencies that move beyond simple anti-cyberbullying rules to cultivate truly supportive digital communities. Walk away having developed activities for nurturing digital social-emotional skills and concrete plans for fostering a classroom culture where respectful online interaction becomes second nature to your students.

Learning Objectives:

- Design digital learning experiences that develop students' digital empathy skills
- Implement strategies that transform classroom digital culture from rule-following to community-building
- Apply ISTE's "Inclusive" and "Engaged" competencies to foster positive online interactions
- Create learning experiences that help students navigate complex digital learning situations
- Develop the Digital Citizenship Action Plan by integrating empathy and digital community building concepts into existing curriculum

Session 4: Digital Changemakers

Transforming Students into Empowered Digital Leaders

Guiding Question: *How can we systematically integrate digital citizenship into our daily teaching practices to create sustainable, meaningful impact across grade levels and subject areas?*

Session Description:

Transform your vision into action as we bridge theoretical understanding with comprehensive implementation strategies. This culminating session synthesizes your learning journey into a sustainable action plan tailored to your unique teaching context. Through strategic planning exercises and collaborative problem-solving, you'll develop approaches for embedding digital citizenship across grade levels and subject areas. You'll finalize the development of a collection of grade-specific, ready-to-

implement activities and expertly curated resources from trusted frameworks that empower learners to become digital citizenship advocates in their own right.

Learning Objectives:

- Develop a customized action plan for integrating digital citizenship into specific grade levels and subject areas
- Create a collection of ready-to-implement digital citizenship activities aligned with curriculum standards
- Design sustainable structures for ongoing digital citizenship education beyond isolated lessons
- Apply framework principles from trusted sources to authentic classroom contexts
- Finalize the Digital Citizenship Action Plan

Assessment & Grading

- 4 Initial Posts (15 points each)
- 8 Reply Posts (2 per session; 10 points per session)
- Digital Citizenship Action Plan (52 points)