

Back-to-school

making a positive start
to the new school year



For parents



COUNCIL OF EUROPE





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Being online


Access and Inclusion

Every child has the right to participate in digital spaces without fear of exclusion.

-  Ask your children about their digital activities frequently.
-  Encourage them to come to you whenever they feel uncomfortable or excluded online.


Learning and Creativity

Online learning is nowadays an essential part of education that helps prepare children to face the challenges of tomorrow.

-  Visit virtual exhibitions with your children related to their interests, and look for workshops where they can learn to use digital technology creatively.

Media and Information Literacy



In today's information society, it is especially important for children to become critical thinkers.

-  Anyone can pretend to be an expert on the internet. Visit a few websites with your children, and check if the information they contain is real or not. How can you tell?

Well-being online


Ethics and Empathy

Children best learn about equality, justice, openness to diversity and empathy through examples they see at home and in school.

-  Prepare your children to tackle bullying incidents.
-  Check out [anti-bullying resources](#) for parents and discuss what you learn with your children.



Health and Well-being

Educate children to maintain a balance between real and virtual, indoor and outdoor activities.

-  Create a family charter with your children to help remind them to regulate their screen time, take breaks and check posture when working online.

e-Presence & Communications



With broader use of digital technology in education, children need to be more aware of respectful, privacy-conscious interactions.

-  Think up ways with your children how to show respect when communicating on-and offline.
-  Remind them that emojis can be easily misinterpreted.

Rights online



Active Participation

Schools are microcosms of democratic society, where students practice citizenship skills and experience democratic ways of living together.

-  Look for freely accessible extra-curricular activities offering your children opportunities to have their voice heard.
-  Explain what it means to be an active or a passive participant.


Rights and Responsibilities

The new school year is an ideal time to talk about the right to learn and express opinions, and the responsibility to make sure the rights of others are respected.

-  Create a poster with your children about rights and responsibilities offline.
-  Get them to tell you how these play out in their online activities.

Privacy and Security


The digital platforms children use for schoolwork and leisure should be regularly checked by schools and families to make sure they are safe and adapted to children's needs.

-  Install and regularly update security software (filters, firewalls, antivirus) on your children's devices, and explain why privacy is so important.

Rights online

Consumer Awareness

When equipping children for the new school year, be aware that citizenship includes thinking about carbon footprints and fair-trade norms.

-  Help your children understand the difference between “need” and “want”, and how peer pressure about clothing brands and tech gadgets can undermine diversity.

Help your children become digital citizens through their on-and offline experiences at home, at school and in the community.

Other Council of Europe publications on Digital Citizenship Education

- ▶ Educating for a video game culture – A map for teachers and parents (2021)
- ▶ Easy steps to help your children become a Digital Citizen (2020)
- ▶ Keeping young citizens busy at home during the Corona crisis (2020)
- ▶ Parenting in the digital age – positive parenting strategies for different scenarios (2020)
- ▶ Digital Citizenship Education Handbook (2019)
- ▶ Bullying: perspectives, practice and insights (2017)
- ▶ Internet Literacy Handbook (2017)

Further information available at:
www.coe.int/education

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