

# Digital Citizen Identity

I can be healthy and honest when I use technology.

Digital  
Identity

Knowledge	Skills	Attitudes/Values
I know that everyone tries to present a 'perfect' version of themselves online. Most things that are posted are carefully chosen.	I am <b>kind</b> and <b>considerate</b> when I use technology. I think carefully before I send, post and share.	I am <b>honest</b> and <b>truthful</b> online and offline.

# Balanced Use of Technology

Digital  
Use

I can manage the amount of time I spend on digital devices.

Knowledge	Skills	Attitudes/Values
I know that how much time I spend on screens has an impact on my health and well-being.	I can make choices about <b>how</b> and <b>when</b> to use my phone, computer, and gaming console. I know how much is too much.	I have clear goals and guidelines about how and when I decide to be in front of a screen.

# Behavioural Cyber-Risk Management

I can identify bullying, and I know how to deal with it.

Digital  
Safety

Knowledge	Skills	Attitudes/Values
I know what online bullying is and I know how to <b>help myself and my friends</b> when I see online bullying.	I have some tools and strategies to address negative experiences I might come across online.	I am <b>kind</b> and <b>positive</b> when I am online.

# Personal Cyber Security Management

I have a secure password and I know how to keep my data safe.

Knowledge	Skills	Attitudes/Values
I know that it is up to me to keep my <b>password secret</b> . I know what to do if someone gets into any of my accounts.	I know how to spot a phishing email. I know I need to keep my device updated and I know how to create a secure password.	I am careful with my password and my devices. I don't do anything risky online like downloading illegally.

# Digital Empathy

Digital  
Emotional  
Intelligence

I am thoughtful and considerate of other people's feelings online.

Knowledge	Skills	Attitudes/Values
I know that others can be influenced by my online behavior and that it might affect their feelings.	I stop and think about how others might feel before I post.	I am <b>compassionate</b> towards others online.

# Digital Footprint Management

I know what a digital footprint is, and I know how to build a positive one.

Knowledge	Skills	Attitudes/Values
I know that anything I post publicly leaves a trail. Once it is out there anyone can use it for anything.	I can post things online that show my <b>best self</b> .	I am <b>responsible</b> and <b>thoughtful</b> about what I post.

# Media and Information Literacy

I know how to find, organise and evaluate information.

Digital  
Literacy

Knowledge	Skills	Attitudes/Values
I know how to find, organise and use research I find online. I can tell the difference between legitimate information and false information.	I can use a computer to <b>organise</b> and <b>create</b> digital content.	I am careful and critical of information that I find online.

# Privacy Management

I know how to protect my privacy.

Digital  
Rights

Knowledge	Skills	Attitudes/Values
I know how to keep my personal information private and secure.	I make good decisions when <b>sharing</b> and <b>creating</b> content.	I <b>respect</b> my privacy and the privacy of others.