



GRADES 3–5 FAMILY CONVERSATIONS

SELF-AWARENESS IN DIGITAL LIFE



Talk About How Your Child's Behavior Online Affects Themselves and Others

Your child is learning how their behavior online can affect themselves and others. Use these questions to talk with them about what it means to be their best selves online.

Ask these three questions:

1. *I hear you learned about the **Rings of Responsibility** in school. Can you tell me about them?*

○ Listen for:

- **Self:** Responsibilities you have to yourself, such as keeping yourself safe and healthy.
- **Community:** Responsibilities you have to your community. This includes the people you know well, like friends and family, and people you might not know as well, like a clerk in a grocery store.
- **World:** Responsibilities to the larger world, including people you don't know but who might be affected by your actions.

2. *What are some things we value in our family? Are there any similarities to the Rings of Responsibility?*

3. *How could you use the Rings of Responsibility to help you think through the choices you make when you're online?*

Learn more ways to find balance in your digital lives at commonsense.org/family-tips-on-media-balance!

Family handout for grade 3 lesson [Your Rings of Responsibility](#), or 3–5 classroom activity [Our Responsibilities Online](#)



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.