What is Digital Citizenship? by Ben Hubbard

When we log onto the internet we become part of a giant, online world. In this world we can use our phones, tablets and computers to explore, create and communicate with billions of different people.

Together, these people make up a global digital community. That is why they are known as digital citizens. When you use the internet you become a digital citizen too. So what does this mean?

Citizen vs Digital Citizen

A good citizen is someone who behaves well, looks after themselves and others, and tries to make their community a better place. A good digital citizen acts exactly the same way. However, the online world is bigger than just a local neighbourhood, city or country. It spans the whole world and crosses every kind of border. It is therefore up to all digital citizens everywhere to make this digital community a safe, fun and exciting place for everyone.

My digital health and wellness

It's easy to get wrapped up in the online world. While we explore the internet, play games or update our social media accounts, hours can pass by without us noticing. Sometimes, this can leave our bodies stiff and sore. At other times, what we see can make us unhappy.

But despite this, we may find it hard to stay away from the internet. However, clever digital citizens learn to balance their online time with looking after their minds and bodies.

Prepare physically

Being online is not like running a marathon, but it can still be hard on your body! People who work long hours on digital devices can suffer from pain in their hands, arms, back and neck ... You can keep yourself pain-free by preparing physically to go online and then paying attention to your body.

Prepare mentally

When we are online ... we may feel like multitasking wizards who can juggle messaging, exploring websites and playing games all at once. Sometimes we are so focused on the screen that many hours simply slip away.

However, we all need to give our brains a digital break now and then. This helps us digest what we've seen in the online world and to remind ourselves that it is not the same as the real world.

Name:	Class:	Date:

1 *"a global digital community"*
Which of these phrases has the same meaning?
Choose **one**

everyone in the world who uses the internet ☐

friends who are online when you are also online ☐

online groups who like the same things as you do ☐

people around the world who you play online games with ☐

2a
☐
1 mark

2 **Find** and **copy three** things a good citizen does.

_____

2b
☐
1 mark

3 Look under the sub-heading
"Prepare mentally".
How does the term *"multitasking wizard"* help us to understand the point the author is making?

_____

2g
☐
1 mark

4 Look under the sub-headings *"My digital health and wellness"*,
"Prepare physically" and *"Prepare mentally"*.
Name **one** of the difficulties digital citizens face looking after their bodies and one of the difficulties they face looking after their minds.

_____

Explain how the text suggests citizens can deal with each of these.

_____

_____

2b
☐
2 marks

5 Why does the author use the pronouns you and we so often?

_____

2f
☐
1 mark

6 Which statement is the best summary of the text?
Choose **one**.

Being a good digital citizen is similar to being a good real-world citizen. ☐

It is more important to be physically fit than to spend lots of time gaming online. ☐

The online world can be a safe, fun and exciting place for everyone. ☐

Looking after our minds and bodies is one of the responsibilities of a good digital citizen. ☐

2c
☐
1 mark