

ENGAGE IN RANDOM ACTS OF ONLINE KINDNESS

It's never too early to teach your children how to be kind online. Tap into their naturally empathetic natures when they are young, and show them how you demonstrate that kindness online. An easy way to do this is by supporting businesses you like, reviewing good books you've read, posting or liking things that make people smile. Here are some ideas:

- 1** Has your family recently eaten at a restaurant that served a great meal or offered excellent service? Did you stay at a hotel that you really liked? Did you visit a local business and find the proprietor super helpful? If so, show your child how you take just a moment to go online to give these establishments or services a good review or rating. Use Google ratings, or a rating app like Yelp or TripAdvisor. Explain to your children that when you give an establishment or service a positive review—a thoughtful, kind act on your part— it helps these businesses gain more customers and more business.
- 2** If you read a book together that you like, rate the book or tell the author how much you liked it. Amazon is a great place to do this. Explain to your children that when others see your positive review, they may decide to buy the book, too.
- 3** Finally, as your children get older, let them watch you scroll through your Instagram or Facebook feed and “like” photos from friends or relatives, or posts that tell positive stories or spread kind messages. Explain to your children that your “like” is the equivalent of a vote— it's telling the online world that you approve of this positive photo or message, and it's spreading those positive vibes far and wide.



This activity is excerpted from RAISING HUMANS IN A DIGITAL WORLD which is packed with “Cyber Civics Moments” like this one — simple activities any busy family can slip into their daily routine that will, slowly, help children build a happy, healthy, and positive relationship with technology.