

WHAT IS THIS TASK?

This is a set of messages that can help children be true to who they are online and be resilient to an identity crisis.



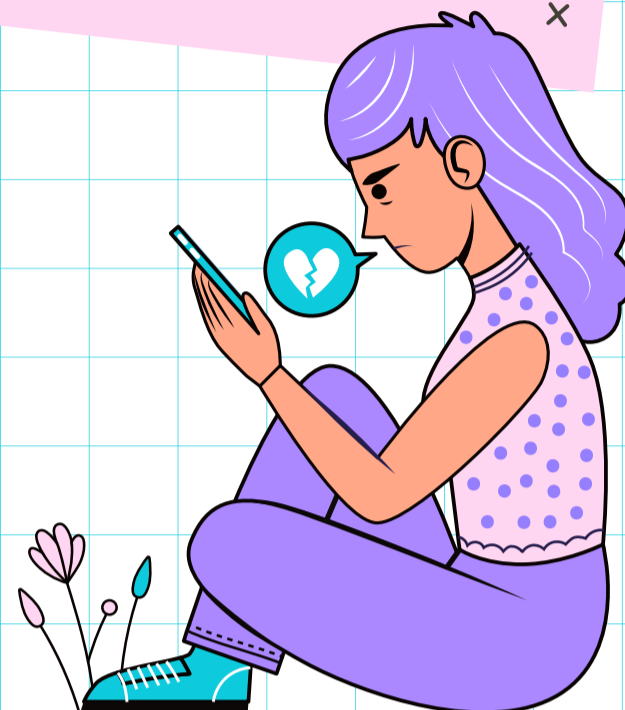
WHY IS IT IMPORTANT?

Through comparisons with online identities, children could feel unsure of themselves and develop a negative or harmful self-image. Empowering messages and reminders can help children be more self-assured and resilient to negative influences of comparing real life with the online world.

What will this task teach my child?

Authenticity: The positive messages shared in this resource could offer your child motivational reminders to be comfortable with who they are and express genuinely what they think and how they feel.

Resilience: This resource could support your child to build their self-worth and self-image independent of the world shown online.



TIPS



TIP 01

Keep your advice gentle, encouraging, relatable, empathetic, empowering, and realistic but hopeful.



TIP 02

Build trust with your child and make them feel comfortable to be open and honest about challenges regarding their identity and relationships online.



TIP 03

Put up a poster (with all or a selection of messages from the lists suggested in the final two pages of this resource) at home with affirmative messages that can boost your child's self-image, self-worth and self-confidence. The poster could be created by your child!:)

PROPOSED ACTIVITIES

Children from 10-12

Encourage your child to notice how they feel after being online and to talk about it. You may ask them to say one word that describes how they feel. Remind them that what they see online is often edited, filtered or just a part of the whole story. Based on what they share with you about their feelings, choose one or more statements to say to your child from the list "Be Yourself Online". Encourage them to make a creative poster using the statement(s).

Children from 12-14

Encourage your teen to ask themselves these questions about what they see online: Is it real? Is it the complete picture? How does it make me feel? Did I feel like this before being online? Why do I feel this way now? Show them the list of statements from "Stay True to Yourself Online" (last page of this resource) and ask them which statements they connect with. Encourage them to record the statement somewhere that they can quickly access when they experience negative emotions after being online. For example, it could be saved as a wallpaper or note on the phone.

RESOURCES

- Select external resources (1-3) i.e websites, videos, movies, or books suitable for families
- Choose open and accessible resources (avoid paid content unless widely available)
- Include the title, the link and one-line description



- 1 You are more than your posts.** What you share online is just a small part of who you are.
- 2 Likes don't measure your worth.** You are valuable because of who you are, not because of what others click.
- 3 Everyone's online story is different.** What you see on screens is not always the whole truth.
- 4 It's okay to be different.** The world would be boring if everyone liked the same things!
- 5 Don't change to fit in.** Real friends like you for being you.
- 6 Take breaks from screens.** Real life helps you feel calm, strong, and happy inside.
- 7 Be kind—to others and to yourself.** Words online can hurt. Use yours to help, not harm.
- 8 If something makes you feel bad, tell someone.** Talk to a parent, teacher, or friend you trust.
- 9 Celebrate what makes you special.** Your talents, your smile, your ideas- they matter.
- 10 You are growing and learning.** You don't have to have everything figured out yet.

**You are amazing just the way you are – both online and offline!
There is only one you, you are special!**



STAY TRUE TO YOURSELF ONLINE

- 1 You don't need to be perfect online.** Real life is messy- everyone makes mistakes.
- 2 Don't compare your behind-the-scenes to someone else's highlight reel.** People post their best moments, not their full story.
- 3 Your worth isn't decided by followers or comments.** Confidence grows from what you think of yourself.
- 4 It's okay to disagree respectfully.** You don't have to share every opinion or follow every trend.
- 5 If something online makes you feel small or angry, pause.** Step back, breathe, and talk it out.
- 6 Criticism says more about others than about you.** Learn what helps you grow, and let the rest go.
- 7 You can control who you include in your life.** Follow people who inspire and uplift you, not those who drain your energy.
- 8 You're allowed to unplug.** Protect your peace by taking breaks from social media.
- 9 Be proud of your real self.** You don't need filters to shine.
- 10 Ask for help when things feel heavy.** Strong people talk about their feelings and get support.

**Comparison is the thief of joy. Never give anybody the permission
to control how you feel. Why try to fit in when you were born to
stand out?**





WHAT WILL THIS TASK TEACH MY CHILD?

Self-awareness: The suggested activity could help your child be aware of their intentions and values online, what they are accessing and sharing, and the personality they are adopting and presenting.

Self-expression: This resource could support your child to express their thoughts, curiosities, feelings, strengths and motivations in the digital world.

What is this task?

This is the gingerbread person activity through which children can describe their identity in the digital world.

WHY IS IT IMPORTANT?

It is important for children to be conscious of who they are in the digital world as it drives their attitude, choices and actions online.

TIPS



TIP 01

Talk to your child about their online activities. For example, you may say, "Show me one thing you liked online today".



TIP 02

Make your child feel safe to openly share with you what they do online.



TIP 03

Help your child make connections between who they are in reality and who they are in their digital life. For example, you may ask, "What about yourself are you more comfortable sharing online and what about yourself are you more comfortable sharing in real life? Why?"

PROPOSED ACTIVITIES

Children from 10-12

Let your child describe who they are online by labeling different parts of the gingerbread person.

The head could represent what they are curious about online. **Ask: What do you want to learn?**

The heart could represent what their values are or how they want to feel and act online. **Ask: How do you want to feel? How do you want to make others feel?**

The hands could represent what they want to do/ create online and how that can make the world a better place. **Ask: What do you want to do? How can you make the world better?**

The feet could represent their strengths that can support them and who they want to follow online. **Ask: What are your strengths? Who do you want to follow?**

Children from 12-14

For your older children, ask them to label different parts of the gingerbread outline based on the ideas above. Then, ask them to divide their search history, social media posts, online profiles and activities, and people they follow into two groups- one that matches with their gingerbread labels and one that does not. Make them feel safe to share any conflict between their real-life identity and digital identity.

How can my digital activities make the world a better place?

What do I want to learn online?

How do I want to feel and make others feel online?

What strengths can support me in the digital world?

RESOURCES

A 3 min [video](#) explaining the meaning, forms, and effects of digital identity.

WHAT IS THIS ACTIVITY ABOUT?

Learning to build meaningful and respectful connections in online communities.

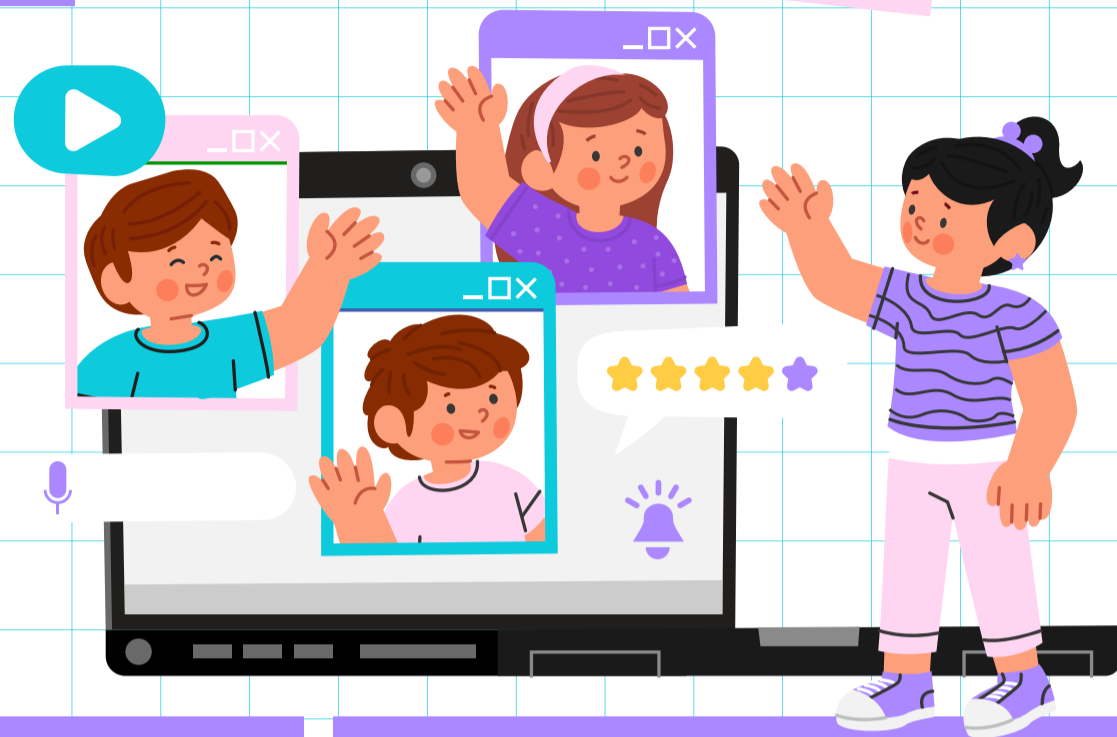


What will this task teach my child?

- Self-awareness on why and how to connect with others online
- Choosing meaningful interactions over passive or impulsive ones

WHY IS IT IMPORTANT?

Children often engage online without reflecting on why they connect or how it affects them. Teaching them to be intentional helps them avoid superficial or harmful interactions and instead seek communities that align with their values and interests. This builds a sense of purpose, belonging, and emotional resilience in their digital lives.



TIPS

TIP 01

Model purposeful online behavior—show how you choose communities that matter to you and why they matter to you (e.g. I joined this group because I like to keep up with my friends I play football with and set up practice times)

TIP 02

Help your child reflect on which online spaces make them feel valued and safe (e.g. "Are the conversations on this platform/app/game usually kind or mean?", "Do you think these people you talk with encourage you to be a good person?")

TIP 03

Encourage your child to ask: "Why am I joining this group or chat?" before engaging

TIP 04

Empower kids to use blocking and reporting tools

- Find where these functions are on the platforms/apps/games your child uses
- Discuss the community guidelines of these platforms/apps/games and when to use the report/block functions
- Explain the purpose of these tools, which is to make these platforms/apps safer and positive spaces

PROPOSED ACTIVITIES

Children from 10-12

Sit down with your child and ask them to name 2-3 online spaces they enjoy (e.g., games, group chats, YouTube channels).

For each one, ask:

- What do you do there?
- Who do you talk to?
- How do you make the space better for others?

"What makes an online space feel good and meaningful? What would you change to make it even better?"

"How do my actions affect others online? What can I do to make my favorite spaces feel safe and fun for everyone?"

Children from 12-14

Invite your child to choose one online community they're part of (e.g., a fandom, Discord group, learning platform).

Ask them to reflect by writing or discussing:

- What do I learn or share here?
- How do I contribute to the group's atmosphere or goals?
- What kind of impact do I want to have?

"How do I shape the online spaces I'm part of? What kind of community member do I want to be?"

"What makes an online connection meaningful to me? How do I decide which communities are worth my time?"

RESOURCES

[How to keep your child safe online](#)
How to help your child engage online safely and positively, post intentionally not reactively, understanding always a right to privacy

Resources for parents on gaming and social and other platforms children may use:

[Digital Parenthood](#) [Guide to apps](#)

[How to talk to your children about hate speech](#)
How to help your child recognize hate speech and know what to do when they encounter it.

[How to support your child through a negative online experience](#)
5 steps and strategies supporting your child in negative online experiences

[Video games and children: A guide for parents](#)
Helps parents understand both the good and bad sides of video games and video game communities



:PERMA :DIGITAL

Purposeful and intentional use of digital tools - "meaningful use of technology"



What will this task teach my child?

- Self-Awareness
- Purposeful Use of Technology

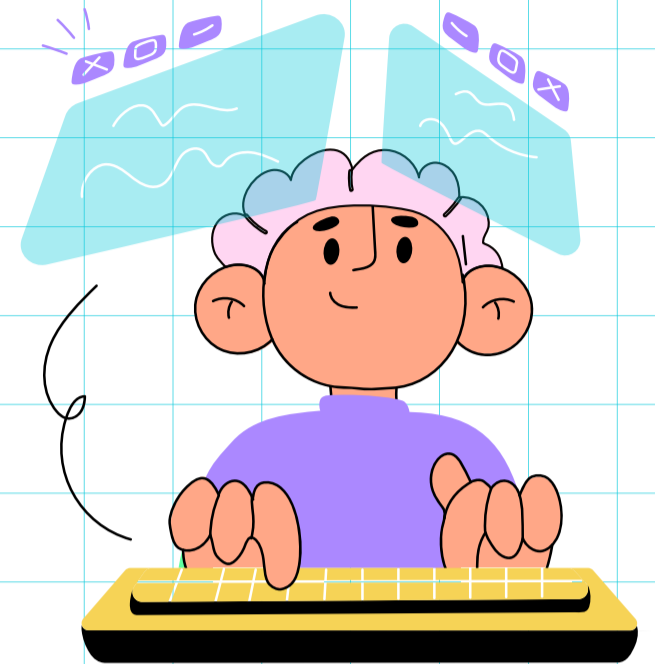
WHAT IS "MEANINGFUL USE OF TECHNOLOGY" IN THE 21ST CENTURY?

"Meaningful use of technology" in the 21st century means engaging with technology in ways that align with user's values and purpose, fostering balance, self-awareness, and connection so that technology enhances life's meaning.

WHY IS IT IMPORTANT?

Self-awareness and purposeful use of technology enables children to grow up to be balanced and purposeful technology users who can recognise their physical and mental well-being states and connect their digital habits with their broader digital identities, purpose and meaning in life.

When learners see how balanced digital engagement can have potential health impacts, they develop habits that support balance and resilience. The meaningful users of technology are more likely to be motivated, creative, critical thinkers who contribute to society with expression, civic participation and content creation. When children learn to use technology in a meaningful way, they are able to select tools and activities that connect with their interests and learning goals.



TIPS



TIP 01

Ask your child to share what apps or activities feel meaningful rather than tiring, and celebrate small steps toward balanced use ("Which apps are your favourite and why?" "Which apps are the most meaningful to you?")



TIP 02

Encourage your child to create, explore, or learn online in ways that align with their interests, passions, or values ("Can you think of a digital tool or app that helps you learn more about things you like the most? If not, then can I help you navigate and find meaningful digital platforms for learning and creating?")



TIP 03

Show your child how you pause, focus, and choose technology intentionally, reinforcing self-awareness and purposeful engagement ("Whenever you open your laptop or turn on your phone, take a moment to think about what are your intentions at that moment to use these devices for.")

PROPOSED ACTIVITIES

Children from 10-12

Ask your child to discuss their favorite app, game, or online activity. Find a peaceful moment, be curious and present for them to share their thoughts, feelings about why they enjoy it, what it teaches them, or how it connects to something important in their life.

Guiding questions:

1. Where do you spend most of your time when you are on your phone / laptop?
2. What do you enjoy most about this app / game ?
3. How does it make you feel?
4. Does it help you learn, create, or connect with others?

Children from 12-14

Invite your child to the living room and ask them to share their favorite video and content creator (eg.: YouTube, TikTok). Then, share your own favorite video / creator that you are comfortable sharing with your family. Invite other family members, make this fun!

Take turns explaining:

Guiding questions for the conversation:

1. What do you enjoy most about this video or creator?
2. How does it make you feel when you watch it?
3. What do you learn from them or their content?
4. How does this relate to your interests, values, or goals?
5. Why is this video or creator meaningful to you?

RESOURCES

5 Strategies for Setting Digital Media Boundaries and Guidelines for Kids - Digital Wellness Lab

Provides practical strategies for parents to help children set healthy digital media boundaries, promoting balanced and intentional technology use.

Family Digital Wellness Guide - Digital Wellness Lab

A research-backed guide providing evidence-based strategies to support healthy media use in children from birth through young adulthood, helping families build healthy digital habits.

Helping Your Child Manage Digital Technology

Offers practical tips for parents to support children's learning and skill development through digital technologies, emphasizing the importance of limits and balance for meaningful experiences.



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