



## École Squamish Elementary School

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February 28th, 2019

Dear Families,

Protecting our children in the ever-changing online world can feel daunting and we want to support you in any way we can. With talk of the Momo Challenge circulating, we thought it was timely to share tips and resources to help you foster digital citizenship with your children. Here are a few ideas to consider:

1. Talk openly and regularly with your children about all aspects of their online activity.
2. Explain the potential risks of using streaming sites, social media, and other platforms to empower your children to recognize and take action against dangerous online behaviour.
  - Encourage critical thinking: Is it real? Are the facts true? Can I trust this person?
  - Reassure your child to 'trust their gut'. If something doesn't feel right, turn it off.
  - Remind your child that they can always talk to you about situations that feel unsafe or uncomfortable.
  - Share ideas to re-direct negative feelings: What makes me happy? Helps me feel calm?
3. If you have concerns about your children accessing Youtube, [you can block Youtube](#) from your internet router. Or, stick to some of the Safer Schools Together-approved Youtube Channels
  - [Ryan ToysReview](#)
  - [Blippi](#)
  - [The Axel Show](#)
  - [CookieSwirlC](#)
  - [Toys Unlimited](#)
  - [Peppa Pig – Official Channel](#)
4. Alternatively, many streaming apps such as Netflix have kid-friendly functions that can be turned on to allow children to browse and stream videos without being exposed to inappropriate content.

If you have any questions or want further resources to support digital citizenship with your children, please feel free to reach out at any time.

Sincerely,

Ji Ai Cho  
Principal