

Digital Discipleship

How People Interact Online

People communicate online in many different ways, such as through messaging services, social media, comments on websites, and online games. Discuss with your child which of these he or she is allowed to use and remind him or her of any rules you have about using them.



A Virtuous Online Media Presence

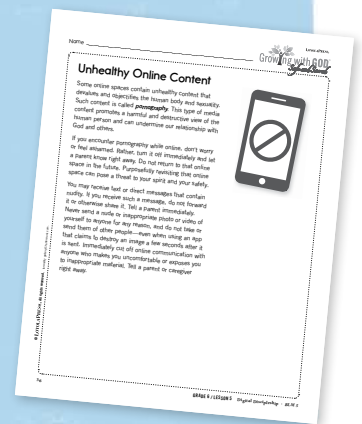
A digital disciple is someone who shows God’s love online through kindness, compassion, respect, and concern for others. Discuss how to respond to various situations online as a follower of Christ. Tell your child that you are proud of the loving, kind, and responsible person he or she is becoming. Let your child know the confidence you have that he or she will make good, loving choices when online. Together pray the Peace Prayer of Saint Francis or a prayer of your own.

Effects of Negative Social Media Comments

Negative social media comments can harm others. You might say: ***When a person is not right in front of us, we might be tempted to write things online that we would never say in person. Please remember that hurtful words are as painful online as they would be in person, if not more so.***

Unhealthy Online Content

Tell your child to come to you if he or she comes across unhealthy content such as pornography or messages containing nudity. You may wish to review with your child the Unhealthy Online Content handout, which covers this topic in more detail.



Name _____

Unhealthy Online Content

Some online spaces contain unhealthy content that devalues and objectifies the human body and sexuality. Such content is called ***pornography***. This type of media content promotes a harmful and destructive view of the human person and can undermine our relationship with God and others.

If you encounter pornography while online, don't worry or feel ashamed. Rather, turn it off immediately and let a parent know right away. Do not return to that online space in the future. Purposefully revisiting that online space can pose a threat to your spirit and your safety.

You may receive text or direct messages that contain nudity. If you receive such a message, do not forward it or otherwise share it. Tell a parent immediately. Never send a nude or inappropriate photo or video of yourself to anyone for any reason, and do not take or send them of other people—even when using an app that claims to destroy an image a few seconds after it is sent. Immediately cut off online communication with anyone who makes you uncomfortable or exposes you to inappropriate material. Tell a parent or caregiver right away.

