

Educators:

These family activity cards are based on some popular verbal games—often with a twist. They're rooted in the concepts in our Digital Literacy and Well-Being Curriculum. The purpose is to start discussions in authentic, fun ways and encourage sharing (including for the adults!).

Each card has a fact, a prompt, and a follow-up question. See below for the premise of each game. You can pass these along to families or use them in your own classroom. Consider printing for families who may not have easy access to a printer (though reading from a device is fine, too!). Though they're divided by grade level, you can share and use the cards that you think best fit your students' age, stage, and online experiences.

Parents & Caregivers:

Our Digital Literacy and Well-Being Curriculum covers the topics that kids need to learn about, from being safe and kind online to protecting their own well-being, maintaining healthy relationships, using AI responsibly, identifying credible information online, and much more. We've taken those topic areas and transformed them into family activity cards that are based on verbal games—often with a twist. (See below for how each game works.) Each card has a fact, a prompt, and a follow-up question. Since families have different rules and expectations around media and tech, use the cards that best apply to your family, no matter the target grade level.

The purpose of these activities is to start discussions in fun, authentic ways and to encourage sharing (including for the adults). The questions might lead to deeper discussions—or not! Either way, the goal is to nurture empathy, lead with curiosity, and open ongoing conversations that acknowledge we're all in this together.

You can print them out and cut them apart or just read them from the screen—whatever works for you. They're meant to be easy to use at home or on the go. And if you feel inspired, come up with some of your own!

Game Cards:

No matter the game or prompt, make sure to ask "Why?" to dig deeper into kids' responses!

- **Would you rather:** Have each person answer which choice they'd prefer, and why.
- **Never have I ever:** Instead of putting up 10 fingers and then putting one down for each prompt that they have done (like the rules for the real game), players can put one finger up if they have done it and then explain their response.

Family Activities

- **Most likely to:** In response to the prompt, players decide who in the group is the person most likely to do or be whatever situation is described.
- **Two truths and a lie:** After hearing the prompt, one player takes a minute to think of two truths and one lie in response. The other players try to guess which response was the lie.
- **How do you do, fellow kids?:** This game is based on a popular meme in which an adult tries (and fails) to fit in with a group of teens. Kids and teens should use the prompt to teach something to adult players. Even if you know the "answer," let your kids tell you about it!
- **Back in my day:** These prompts get players to evaluate similarities and differences between experiences that adults had as kids vs. kids/teens today.
- **Here's a hot tip:** These prompts are meant for tweens and teens to think about advice they'd give to younger kids. If there are younger players, have the older kids share their advice!



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WOULD YOU RATHER?



Would you rather be able to only use photos or only words to share how you're feeling online? Why?

FOLLOW-UP: When do emojis or pictures express feelings better than words?
When are words better?

DID YOU KNOW? Humans can make about 10,000 different facial expressions and they're changing all the time!



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WOULD YOU RATHER?



Would you rather have a device that instantly turns your thoughts into perfect social media posts, or one that helps you remember everything you learn while online, forever? Why?

FOLLOW-UP: How do you decide what's worth remembering vs. what's just entertaining in the moment?

DID YOU KNOW? The amount of information we encounter each day has increased by about 350% in the last 30 years.

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NEVER HAVE I EVER



Prompt: Never have I ever used an AI chatbot for school or work.

FOLLOW-UP: Was using AI helpful for that task? Why or why not?

DID YOU KNOW? AI search summaries and chatbots can contain mistakes and false information.

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NEVER HAVE I EVER



Never have I ever shared a password or my location with anyone and then regretted it.

FOLLOW-UP: What happened, and how did you "fix" it?

DID YOU KNOW? You can change location-sharing settings on any device

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MOST LIKELY TO...



Who's the most likely to invent a brand-new social media platform?

FOLLOW-UP: What would it be, and how would it be different from other social media?

DID YOU KNOW? It's best not to put your full name, age, location, or other personal information in a social media profile (or post that anywhere)

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MOST LIKELY TO...



Who's the most likely to leave texts on read because they get overwhelmed with notifications?

FOLLOW-UP: How do you tell someone if they're messaging you too much?

DID YOU KNOW? There are settings you can use to silence or limit notifications when you need to focus.

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TWO TRUTHS AND A LIE



Share two truths and a lie about a video game you love or an influencer you follow.

FOLLOW-UP: Is the video game/influencer super popular or less mainstream?

DID YOU KNOW? There are now social media influencers who aren't real people—they're created with AI.

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TWO TRUTHS AND A LIE



Share two truths and a lie about what you feel are your healthiest habits for using screens and devices.

FOLLOW-UP: What's one habit you'd like to improve?

DID YOU KNOW? It can be helpful to consider what you value most (connection, trust, kindness, etc.) and then think about how your media and tech use line up with those values.

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HOW DO YOU DO, FELLOW KIDS?



School the adults about a popular meme (or what memes are in general)

FOLLOW-UP: Why can memes be hard to explain?

DID YOU KNOW? Some memes have existed since almost the very beginning of the internet.

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HOW DO YOU DO, FELLOW KIDS?



School the adults about slang terms you use.

FOLLOW-UP: What slang did the adults use when they were younger?

DID YOU KNOW? Every generation uses language in clever, playful new ways, but online life has really changed how things go viral.

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BACK IN MY DAY



What are the pros and cons of how people got the news in the past vs. today?

FOLLOW-UP: How do you know if the news you're seeing online is reliable?

DID YOU KNOW? Sometimes real pictures are used with inaccurate headlines to create a fake story.

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BACK IN MY DAY



Before we had texts and posts as "receipts," how did people form reputations?

FOLLOW-UP: How can we shape and shift our online and in-person identities and reputations?

DID YOU KNOW? You can request that social media companies delete all of the data they've collected about you.

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HERE'S A HOT TIP



What advice would you give to younger kids about when to start using social media? Why?

FOLLOW-UP: Is there a "right" age to use social media (or some other criteria)?

DID YOU KNOW? Some social media apps use AI facial recognition software to try to determine someone's age.

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HERE'S A HOT TIP



What advice would you give to younger kids about how to protect their mental health as they start to go online and use social media?

FOLLOW-UP: Are there specific strategies you use to protect your own mental health?

DID YOU KNOW? If someone is already feeling anxious or depressed, social media can sometimes make those feelings worse.