

3 Ways to Support Your Virtual Learner

Family Guidelines



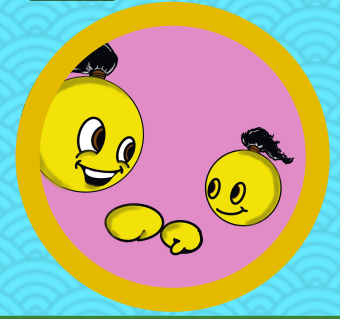
Safe

- 🌴 Talk to your child's teacher about Board Policy (BP) 379: "Education Technology Use" at GDOE.NET.
- 🌴 Talk about BP 379 with your child before they begin their online courses.
- 🌴 Talk every day with your child about cyber-bullying.
- 🌴 Remind your child not to talk about private subjects online.



Responsible

- 🌴 Create a daily education schedule with your child.
- 🌴 Be sure to sign an Education Technology Use Policy form.
- 🌴 Talk with your child's teacher about assistive technology your child may need in class.
- 🌴 Be sure your child is physically and mentally prepared for their online classes.
- 🌴 Talk with your child about their assignments and deadlines.



Respectful

- 🌴 Create a learning space for your child that is quiet with little distractions.
- 🌴 Be sure your child has eaten and is dressed appropriately before their classes begin.
- 🌴 Go over the rules for your child's online classes.
- 🌴 Contact your child's teachers during the indicated office hours to address any questions or concerns.

Tips for Parents and Guardians

- 👍 Have color-coded calendars as visuals for deadlines and projects.
- 👍 Set up "brain breaks" for your child to step away from electronic devices for a while.
- 👍 Keep your child active with a daily exercise routine.
- 👍 Go over healthy ways to cope with stress with your child.
- 👍 Be consistent with daily schedules.
- 👍 Develop a support system and self-care routine with your child.



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