



Family Learning Toolkit – Parents Handbook

Library of 12 comics

Welcome to the Parents Handbook Library of 12 comics! This handbook has been created to help parents introduce their children to the important topics of digital and climate literacy. Developed as part of the FamilyFootPrints project, this handbook consists in instructions to use the 12 comic strips.

The handbook is designed to provide parents with a range of activities to engage their children on these topics. Each activity is short and can be completed within 15-30 minutes, making them easy to incorporate into daily life. Parents are encouraged to review the topics and activities provided and select those that best suit their children's interests and needs.

The comics will feature two groups, the Climate Heroes and the Digital Heroes, to help children understand how their actions both online and offline can impact our planet and their own digital wellbeing. The scenarios presented in the comics will highlight the importance of being mindful of our digital and carbon footprint.

The collection of comics are divided into two sections, with the first six comics addressing issues related to climate change and our carbon footprint, and the second focusing on online safety and our digital footprint. Each comic present a different theme related to digital and climate literacy, making the collection an engaging and informative resource for parents and children alike.

By reading these comics, children will learn how to be responsible digital citizens and develop an understanding of the importance of protecting our planet. We can't wait to see the impact that these comics will have on children's learning and engagement with these important topics.

We hope that this handbook will be a valuable resource for parents as they work with their children to develop digital and climate literacy skills.

Let's get started!

Topic

CLIMATE CHANGE

Engagement of the kids

This first comic strip is an exciting and engaging way to introduce children to the concept of climate change. The Glossary provided at the end of the comic will help children understand some of the key terms and concepts related to climate change.

To further engage children in this topic, one suggested activity is to make a poster to tell people about climate change. This fun activity will encourage children to think about ways they can help protect our planet and spread awareness about climate change. The materials needed for this activity are simple and easy to find, and the steps are easy to follow. By displaying their posters in a public place, children can help raise awareness about the importance of taking action to protect our planet.

The comic also includes some interesting facts about climate change, and also provides helpful tips on how we can prevent climate change. These tips are easy to remember with the 5 R's: Refuse, Reduce, Reuse, Repurpose, and Recycle. Overall, this comic strip and activity are excellent resources for parents to use to introduce children to important topics related to digital and climate literacy.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic01-EN.pdf



Topic

PLASTIC IN OUR OCEAN

Engagement of the kids

As you read the comic "Plastic in our Ocean" with your child, you may come across some new words, don't worry, we have included a glossary at the end of the comic to help you understand these terms. Having a glossary at the end of the comic is helpful because it provides a quick reference for any unfamiliar words that may come up while reading with a child.

Additionally, we have included some tips on how to get your child thinking about plastic and its impact on the environment.

Encourage your child to look around the next time you go shopping and identify how many products are packaged in plastic. Help them understand that much of this packaging is unnecessary and brainstorm ways your household can reduce its use of plastic. These may include using a recyclable bag instead of a plastic one, choosing paper straws over plastic straws, and avoiding buying food that has unnecessary plastic packaging. Remember, if you must use plastic, always reuse or recycle it.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic02-EN.pdf



Topic

RECYCLING

Engagement of the kids

This comic is a great resource for parents who want to introduce their children to important environmental issues such as recycling. It is important to explain to children the impact of our actions on the environment and how small changes can make a big difference.

To introduce this comic to your children, you can start by asking them if they have heard about recycling. You can explain that recycling is a way to reduce waste and protect the environment.

Then, you can read the comic with your children and encourage them to ask questions and share their thoughts on the story. After reading the comic, you can go through the glossary together and explain any unfamiliar words.

Finally, you can use the activities provided in the comic to engage your children and encourage them to think about how they can reduce their own use of plastic and recycle more. The activity of making a plant pot from a plastic bottle can be a fun and practical way to demonstrate how waste materials can be turned into something useful.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic03-EN.pdf



Topic

FOOD WASTE

Engagement of the kids

The comic "Food Waste" is designed to raise awareness about the problem of food waste and provide tips and activities for families to reduce it.

Parents can use it to introduce the topic to their children and take the "Family Food Waste Challenge" together.

The comic includes a glossary of terms related to food waste, such as composting, landfill, and greenhouse gases, to help children understand the impact of their actions. The "Food Waste Diary" activity encourages children to keep track of the food they waste and make plans to avoid it in the future. This activity will help them see how much food they are throwing away and identify ways they can reduce waste in the future. At the end of the week, they can review their diary and see how much waste they have collected. They might be surprised by how much food they waste in just one week!

By following the tips provided in the comic, such as planning meals for the week, making a shopping list, and reducing food portions, families can make a big difference in reducing food waste and its impact on the environment.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic04-EN.pdf



Topic

HOW TO HELP NATURE

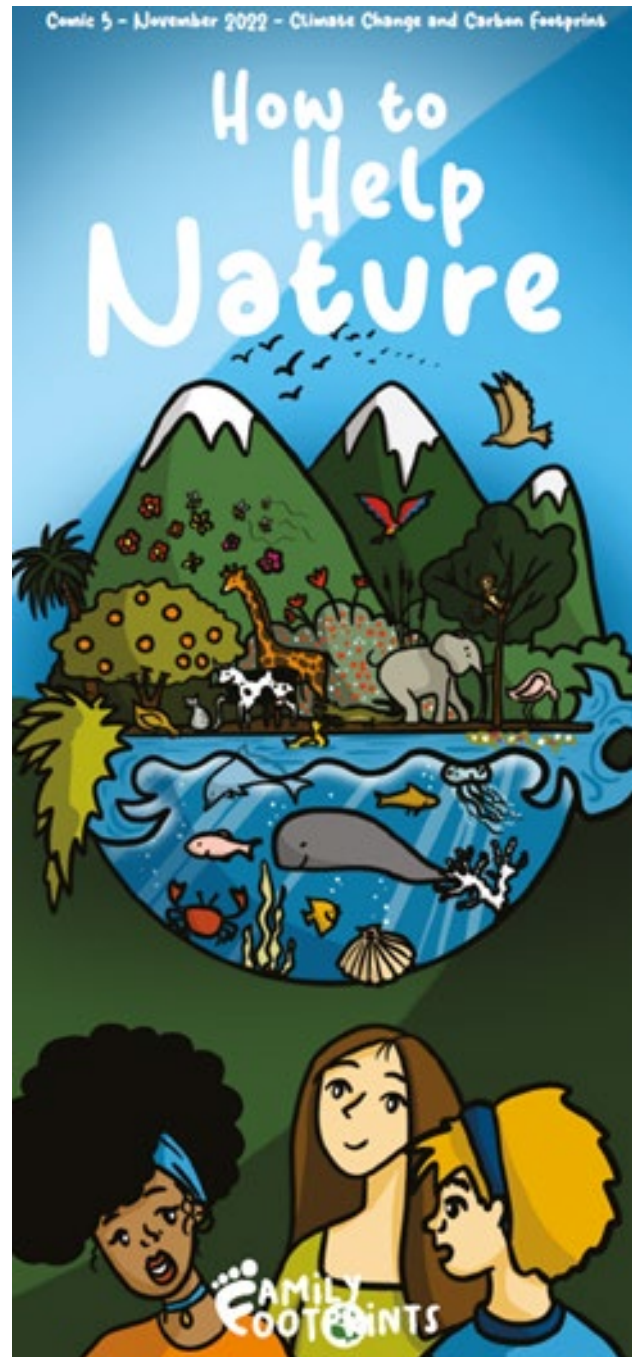
Engagement of the kids

"How to Help Nature" – its a comic designed to teach children the importance of taking care of the environment! With a focus on biodiversity, habitats, ecosystems, and more, this comic is the perfect way to get kids excited about learning how they can make a difference in the world around them.

To help make the learning experience more enjoyable and engaging for children, we have included a fun activity at the end of the comic. In this activity, children will learn how to make their own pot to attract bees and help them grow. By following simple instructions, children can create their own little ecosystem and observe the different insects that visit their pot.

We've also included a helpful glossary for parents and children, with definitions for some of the more complex words used in the comic. This way, both parents and children can learn together and deepen their understanding of the importance of protecting our planet. So let's get started and help our little ones become eco-warriors!

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic05-EN.pdf



Topic

CARBON FOOTPRINT

Engagement of the kids

Carbon Footprint is a comic that can help parents educate their children about ways to reduce their carbon footprint. A carbon footprint is a measure of how much carbon dioxide and other greenhouse gases are released into the environment as a result of our actions. The more greenhouse gases we produce, the higher our carbon footprint. Global warming is the increase in the earth's temperature caused by the release of high levels of carbon dioxide and other gases into the atmosphere.

Children can also participate in an activity by coloring in a picture of a footprint, writing or drawing ways to reduce their carbon footprint, using bright colors to make it stand out, and displaying their poster where people can see it.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic06-EN.pdf



Topic

EXPLORING THE DIGITAL WORLD

Engagement of the kids

The comic Exploring the digital world is a great resource for parents to help teach their children about online safety. The comic covers topics for a responsible online behavior. The language used is easy to understand for children and it contains illustrations that will grab their attention and help them retain the information.

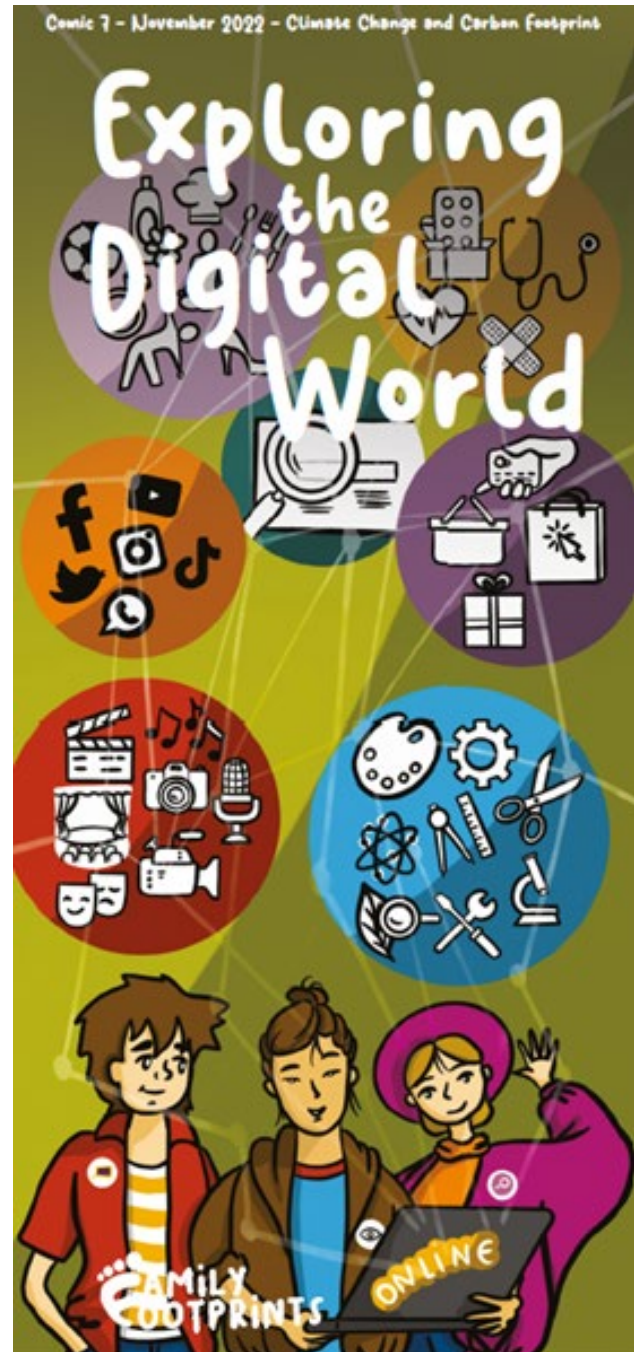
Activity for Children: DESIGN YOUR OWN ONLINE SAFETY AVATAR OR MASCOT!

Creating their own avatar or mascot is a fun and creative way for children to learn about online safety. Parents can use the glossary provided to explain some of the terms that may be new to them, and then encourage them to create their own avatar or mascot that represents their values and reflects safe online behavior.

Steps to follow:

- Start by explaining what an avatar is and show them some examples.
- Discuss with your child what kind of values and behaviors they want their avatar to represent, such as kindness, respect, or privacy.
- Encourage them to sketch out some ideas for their avatar, using the comic illustrations as inspiration if needed.
- Once they have their design, help them create their avatar using a digital tool or by drawing and coloring it on paper.
- Talk to them about the importance of keeping their personal information private and remind them to never share it online.
- Display their avatar or mascot somewhere visible to serve as a reminder of the importance of online safety.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic07-EN.pdf



Topic

MY INSTA LIFE

Engagement of the kids

"My Insta Life" is an important comic for children that addresses the pressure young people face on social media platforms, particularly Instagram, to look a certain way. The comic also explores the concept of body image and how it affects young people's self-esteem. As a parent, you may not be familiar with some of the terms used in the comic, so we have included a short glossary to help you understand them better. We encourage you to read the comic with your child and discuss the themes it explores.

Tips for parents:

Social media platforms like Instagram can put a lot of pressure on young people to look a certain way. It's important to have open and honest conversations with your child about body image and the influence of social media. Encourage your child to focus on the things they like about themselves, and not to compare themselves to others. If you notice that your child is spending a lot of time on social media or is struggling with their body image, talk to them about it and seek help if necessary.

Activity for children:

To help children feel good about themselves, you can encourage them to create a "Feel Good Poster". All they need is some coloured pencils or pens, a piece of paper, and some blue tack or sellotape. Have your child draw a picture of themselves and write down all the good things about themselves. Encourage them to use bright colours and to stick their poster somewhere they can see it. This way, when they feel sad or upset, they can look at their poster to cheer themselves up and remember all the good things about themselves.

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic08-EN.pdf



Topic

STRANGER DANGER

Engagement of the kids

We would like to introduce you to a comic called "Stranger Danger" that is important for your children's online safety. In this comic, your child will learn about the dangers of talking to strangers online and how to stay safe on the internet.

To help you understand the terms in the comic, we have included a short glossary of words that your child may use. We also have some tips for parents on how to keep your child safe online, such as explaining the dangers of the internet and setting privacy settings.

As an activity for children, we suggest making a poster for their friend Joe, who has been talking to strangers online without knowing the dangers. This poster should include tips on how to stay safe online, such as not sharing personal information and reporting anything that makes them uncomfortable.

To complete this activity, your child will need some coloring pencils or pens and blue tack or sellotape to stick up the poster. Encourage them to use bright colors and big writing so that it is easy to read.

Stay safe online!

LINK: https://familyfootprints.eu/wp-content/uploads/2023/01/Family-Footprints_PR3_Family-Learning-Toolkit_Comic09-EN.pdf



Topic

UNITING AGAINST CYBERBULLYING

Engagement of the kids

The comic "Uniting against Cyberbullying" is a helpful resource for parents to educate their children about cyberbullying and provide them with practical tips to stay safe online. The comic features relatable characters that children can easily connect with, and it addresses the issue of cyberbullying in a way that is easy for them to understand.

As a parent, you can use this comic to start a conversation with your child about their online behavior and the potential dangers of cyberbullying. The glossary provided in the comic can help you understand the terminology your child may be using and provide you with the knowledge to have a meaningful conversation with them.

Encourage your child to read the comic with you and discuss their thoughts and feelings about the story. Emphasize the importance of being kind and respectful online and establish guidelines for their online behavior. Discuss what they should do if they are being cyberbullied or see someone else being bullied online.

By using this comic as a starting point, you can open up a dialogue with your child about cyberbullying and ensure that they have the knowledge and tools to stay safe online.

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Topic

STRANGER DANGER

Engagement of the kids

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Stay safe online!

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Topic

TRACING MY DIGITAL FOOTPRINT

Engagement of the kids

Parents can use "Tracing My Digital Footprint" comic as a tool to start a conversation with their children about their online behavior and digital footprint. They can discuss with their children the meaning of terms such as digital footprint, online profile, online reputation, personal information, and social media, and how these can affect their online presence.

Parents can also guide their children through the activity provided in the comic, where they can search for their name on Google and social media to see what their digital footprint is like. Together, they can discuss the findings and decide if they are happy with their digital footprint or if they need to make any changes. Parents can encourage their children to always think before they post anything online and to ask themselves important questions such as whether they will regret the post later, whether it could upset someone, and whether they have permission to post pictures with others in them.

By using this comic, parents can help their children become more aware of their online behavior and teach them how to be responsible digital citizens. They can also strengthen their relationship with their children by engaging them in a conversation and activity that promotes online safety and good digital citizenship.

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CONCLUSION

Using comics as a tool for educating children about important topics can be a great way to engage them and make learning fun. Comics can help children visualize complex concepts, making them easier to understand and remember. Additionally, they can help children develop their literacy skills, including reading comprehension, critical thinking, and visual literacy.

As a parent, you can use comics as a way to start conversations with your children about important topics such as online safety, climate change, and more. By reading comics together and discussing the messages they convey, you can help your children develop a deeper understanding of these topics and encourage them to think critically about their own beliefs and behaviors.

When using comics with your children, it's important to choose ones that are age-appropriate and relevant to their interests. You can also use them as a springboard for further learning by incorporating related activities or discussions. For example, after reading a comic about climate change, you could take your child outside to observe the natural world and discuss ways that you can reduce your carbon footprint as a family.

Overall, comics can be a powerful tool for parents who want to engage their children in important conversations about the world around them. By using them as a starting point for discussion and exploration, you can help your children develop a deeper understanding of complex issues and become more informed, responsible citizens.

Make it a fun and interactive experience by enjoying these comics with your children. Take the time to discuss the themes and messages together, and use them as an opportunity to strengthen your bond as a family while also promoting important values and life skills.

FAMILY FOOTPRINTS

