

## **“PLAN BEFORE YOU POST: SHAPE YOUR FUTURE”**

### **PLEDGE**

**Credit:** This pledge was written by Kari Ann Leventopoulos. She is a middle school student. Kari Ann decided to write a pledge to help kids learn how to take control of their time and better manage the way they portray themselves online, thereby protecting their future!

- **USE TECHNOLOGY WITH INTEGRITY**

Integrity is defined as: *“doing the right thing even when no one (my parent/guardian) is watching.”*

- **THINK BEFORE I POST**

I will consider how my family, friends, teachers, neighbors and others, will view my words/photos/memes.

- **POST FOR PERMANENCY**

I will remember that what I message, post or share is permanent; I cannot take it back and it can be shared by others and seen by anyone. I realize that even after I delete something, it may have been saved somewhere I can't see or it can be recovered.

- **POST WITH A PURPOSE**

I will have a good reason before I send a message or share anything on social media. I will never use a message or social media to make anyone feel bad.

- **SAFEGUARD FOR SECURITY**

I will keep my personal information and that of others safe. I will not message or post my last name, address, phone number, birth date, age, school I attend, school ID, driver's license, user name or ID for any accounts (for example a social media ID) or any other important identifying information to anyone through a text or over social media without consulting an adult first.

- **MINIMIZE SCREEN-TIME SO I HAVE DOWN-TIME**

I will keep my screen time (excluding watching TV, movies and doing school work) to an amount agreed upon between me and my parents/guardians. I understand that too much screen time can be unhealthy and can prevent me from getting enough sleep and doing well in school. I will find a healthy balance between using my smartphone/electronic device and enjoying non-screen-related activities. I know that less screen-time means more time for me to spend actually doing things

- **SAY WHAT I SEE**

Do not participate in challenges that you do not understand, that you know are offensive and lack good character.

If I see something bad, wrong, inappropriate, distressful, or something I do not understand I will tell an adult.

If I see a message or post that will harm someone physically or emotionally (including posts by or about a friend or someone I know) I will tell an adult so they can help.