

## I will ...

### stay safe.

- I will not give out any private information, such as my full name, date of birth, address, or phone number, without my family's permission.
- I will keep my passwords private and only share them with my family.
- I will tell a trusted adult if anyone online makes me feel uncomfortable, sad, or unsafe. I will recognize that my safety is more important to my family than anything else.

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### think first.

- I will communicate kindly when I use the Internet or my cell phone. I will not tease, embarrass, or bully others.
- I know that the Internet is public, and I will respect myself and others when I'm using it.
- I will not pretend that I created something that's not actually my own work.

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### stay balanced.

- I know that not everything I read, hear, or see online is true.
- I will respect my family's decisions for what I'm allowed to watch, play with, or listen to, and when.
- I will continue to enjoy the other activities – and people – in my life.

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## In exchange, my family agrees to ...

- recognize that media is a big part of my life, even if they don't always understand why.
- talk with me about what worries them and why, before saying "no."
- talk to me about my interests and help me find stuff that's appropriate and fun.

X

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signed by me

X

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signed by my parent or caregiver

## I will ...

### stay safe.

- I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my family’s permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I’ll stop talking to that person and will tell a friend or family member I trust about it.
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### think first.

- I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.
- I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.
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### stay balanced.

- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.
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## In exchange, my family agrees to ...

- recognize that media is a big part of my life, even if they don’t always understand why.
- talk with me about what worries them and why, before saying “no.”
- talk to me about my interests and embrace my world, including helping me find media that’s appropriate and fun.

X

signed by me

X

signed by my parent or caregiver

## I will ...

### stay safe.

- I know that there are scams online that I can avoid. Therefore, unless I am filling out a trusted form with my family's permission, I will not give out my private or financial information.
- I will read the privacy policies of any social network sites or apps that I want to use, and I will pay attention to the types of information these companies can collect about me.
- I know that I have a choice in the kinds of relationships I have online. I will stop talking to anyone who makes me feel pressured or uncomfortable, or acts inappropriately toward me.

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### think first.

- I will model kind behavior online. I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.
- I know that the photos and videos I post, and everything that I write about myself and others online, can be saved and shared without my knowing. Therefore, I will not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see.
- When I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist. I also know that I have a right to receive credit for any original work that I share online.

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### stay balanced.

- I know that not everything I read, hear, or see online is true. I will consider whether a source is credible. As an author, I will also contribute information thoughtfully and honestly.
- I will be open with my family about how I spend my time with media and show them that I use it responsibly.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

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## In exchange, my family agrees to ...

- recognize that media is a big part of my life, even if they don't always understand why.
- talk with me about what worries them and why, before saying "no."
- talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.
- let me make some mistakes and help me learn from them.
- respect my privacy and talk to me if they have concerns.

X

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signed by me

X

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signed by my parent or caregiver