

Got NetSmartz?

TIPS FOR TEENS

CYBERBULLYING

AVOID GOSSIP.

Everyone's bound to get a little excited by those oh-so-dramatic high school scandals, but that doesn't mean you have to text the latest rumor to everyone you know.

DON'T FEED THE CYBERBULLIES.

Ignore mean or threatening messages. Block the sender and file a report with the website, cell phone service, or police.

BYSTANDERS ARE GUILTY, TOO.

If your friends are cyberbullying someone and you stay silent, you're just as guilty as they are. Speak up and keep your friends in check.

SHARING TOO MUCH

INITIATE OPERATION PROFILE CLEAN-UP.

Scrub your page of everything too personal, embarrassing, and illegal. Those pictures of you passed out next to the empty bottles are not going to look so cool when you start applying for college.

STOP. THINK. PUT YOUR CLOTHES BACK ON!

You know those pictures of you wearing next-to-nothing and making kissy faces or flexing in the mirror? You might think it's sexy, but the law doesn't, so do yourself a favor - don't send them; don't forward them.

PROTECT YOUR SPACE.

Use privacy settings and don't accept just anyone as a friend. Do some investigating - Who are they? Why would you hang out with them?

ONLINE PREDATORS

RECOGNIZE THE DIFFERENCE BETWEEN CUTE AND CREEPY.

Think about it - an older guy who wants to date someone younger is just creepy. It's not flattering; it's illegal! So don't friend them and don't meet them offline.

DON'T JUST SIT THERE - REPORT!

If you or someone you know has been victimized by someone you met online, report them to the police and www.cybertipline.com.

TRUSTED ADULTS

TALK TO YOUR PARENTS OR GUARDIANS. THEY'RE NOT AS UPTIGHT AS YOU THINK.

Sometimes adults freak out about what you're doing online because you never tell them anything. Keep them in the loop so they know they can trust you.

NetSmartz.org/TipSheets

Students are permitted to participate in extra or co-curricular activities on days they are not absent from school for any portion of the school day (present before 8:15 AM and do not leave prior to 2:35 PM.) Tardies for the purpose of this policy are before 8:15 AM and after 2:35 PM.) Participation is defined as any associated team/club activity such as practice, event travel, open facilities/fields, sitting the bench, dressing in uniform, field preparation, concessions, banquets, locker room, team/club meetings, scrimmages, endorsed and special tournaments, fund raisers, handling of equipment or supplies, management responsibilities, and officer-related duties. It is the responsibility of the coach or sponsor to accept, report, and submit statements after school hours for any given day in question. Educational Enhancement (EHO) Days are not exempt from this policy.

Exceptions are, as reviewed by the Principal, Assistant Principal, and Athletic Director:

-Physician's statement specifying the day of excuse only for that date (Student may return to school on same day of absence with time stamp for exit. For example: Sally Jones was seen in our office on 8/2/2012 and may return on 8/2/2012 - NOT 8/3/2012.)

-Funerals

-College Visit Day (limited to 1 as outlined in district attendance policy)

For extreme incidents as related to natural disaster or other incidents beyond both parent and student control may be reviewed by Administrative Committee prior to 2:30 PM for the date of the event.