



- I am showing my interests and unique personality when I post online
- I monitor my comments and others on my accounts
- I manage my privacy settings on a regular basis
- I am connected and productive
- I am aware of my online first impression
- I am deliberate with how I use my internet voice
- I am not ALL over the internet
- I do not troll other people's online profiles
- I use my internet voice to influence, educate, or inform my community
- I am the same person in real life as I am online

Our Family Media Contract



I agree:

I will talk to my friends and family more than I text them.

I will plug my cell phone into my parent or guardian's room by ____ p.m. on school nights and ____ p.m. on the weekend

I will always have my cell phone turned on when I'm out with friends, so my parent or guardian can reach me if needed.

I will always check in to see how I am feeling after being on social media and discuss it with my family.

I promise not to:

- I will not use my cell phone during meals, family time or school events
- I will not text or use my cell phone when I am doing homework or in school
- I will not use my phone to text or talk while driving
- I will not use my phone when people are talking to me in person
- I will never message or engage with anyone and then delete or hide it from my parent or guardian
- I will never share my personal information such as address, phone number, school, teams, with anyone online
- I will never send, forward, or respond to mean or threatening messages. I will not request or send inappropriate photos
- I will not download any apps or make purchases without my parent or guardian's permission
- I will not give my password to anyone but my parents or guardian
- I will not join chat rooms or social network groups without my parent or guardian's permission
- I will give my parents or guardian my passwords to all my accounts
- I will give my parents or guardian access to the phone whenever they ask

I understand that the cell phone is a privilege and I must be responsible and trustworthy. I will follow this contract and have a respectful attitude when these rules are enforced by my parent

Signature of Minor _____

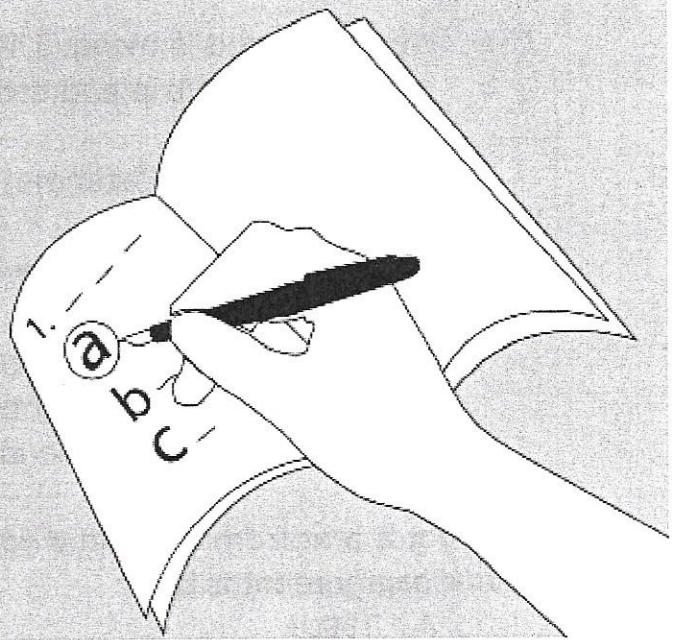
Date: _____

Signature of Parent _____

Date: _____

Name of Trusted Adult I can call for help: _____

HOW TECH ARE YOU?



1. The first thing I do when I wake up is:
 - a. Brush my teeth and grab some breakfast.
 - b. Check my phone for messages.
 - c. Log into my social media account and check New Comments.

2. My parents call me from the other part of the house. I:
 - a. Go see what they want.
 - b. Yell back "Whaa---aat?"
 - c. Text them.

3. The total number of times I text, IM, or check my social media a day:
 - a. Zero.
 - b. Somewhere between 20 and 100.
 - c. Close to a Zillion.

4. My favorite app is:
 - a. My appendix, the Appalachian mountains, apples?
 - b. The one I just downloaded.
 - c. I can pick my favorite friend or food but, don't make me pick my favorite app.

5. When my friend spills all his food on his clothes at lunch, I:
 - a. Laugh.
 - b. Take a picture with my camera.
 - c. Snap a picture with my phone and post it to 300 of my friends immediately.

6. My best friend is moving. The last thing I say to her is:
 - a. Have a safe trip and call me when you can.
 - b. Write me!
 - c. We can still Facetime!

7. Some people at school have been spreading lies about me online. My strategy is to:
 - a. Ignore them and talk to my parents or a teacher about it
 - b. Dig up some dirt on them and go viral with it
 - c. Confront the people and tell them to stop

8. I got a text from a friend who is mad at me. The best way to work through our disagreement is to:
 - A. Talk
 - B. Spread Rumors about my friend so people will be on my side
 - C. TEXT THEM BACK IN ALL CAPS!!!

9. When I like someone I:
 - a. Tell my friend to tell their friend
 - b. Text people I know to see if they have said anything about me
 - c. Take a cute selfie and send it to them

10. Before I fall asleep, I:
 - A. Read or Watch TV
 - B. Check my messages and then put my phone on silent
 - C. Check my messages. Update my status. Text a few friends to see if anyone is still awake.

11. When I need to talk to my friend right away, I:
 - A. Walk to their house
 - B. Call them
 - C. Send a bunch of text messages until they respond

RESULTS:

Mostly A's----Wake Up, it's the 21st century!

Mostly B's----You use technology but it doesn't use you!

Mostly C's----Whoa! Back away from the tech every now and then!

*For More ways to Keep Yourself in "Tech Check" visit ftc.gov/NetCetera
and ftc.gov/OnGUARDOnline*

Meeting Agenda: [ENTER MEETING NAME]

Date:

Time:

Location:

Meeting Facilitator:

Meeting Attendees:

Objective:

Please be sure to look over the agenda so you come prepared to discuss your topics. Remember to come with any questions you have about projects and be ready to update the team with what you've been working on.

ALLOTTED TIME	PERSON	TASK
ex. 9:00-9:05 AM	ex. Max	Call Agenda & Update

Action Items from Previous Meeting [DATE]:

PERSON	ACTION ITEM	STATUS
Maria	Schedule Meeting	Complete