

Turn this assignment in for credit. Then, it will be returned to you to hang up at home as a reminder to make wise decisions when using any form of media or technology.

## Technology & Media Guidelines

In order to stay safer while using the Internet or cell phone, I will remember the following guidelines:

1. I will not post on a public site or give to anyone online any personal information about myself, including my family, my school, my telephone number or my address. I will only give my cell phone number to people I know very well.
2. I will not agree to meet an online acquaintance or send my picture without permission from my parents. I will NEVER meet an online acquaintance by myself under ANY circumstance!
3. I will always remember that not everyone may be who they say they are.
4. If someone harasses me online or on my cell, says anything inappropriate, or does anything that makes me feel uncomfortable, I will tell my parents and encourage them to contact our internet service provider or cell phone company.
5. I will not post messages on public sites that hurt, threaten or falsify information about other teens or adults. This is considered cyber-bullying and could lead to serious consequences.
6. If I see pornography online, I will turn off the device and will tell my parents immediately.
7. I will not send texts or pictures on my cell phone that I would be embarrassed for adults to see.
8. If I receive an inappropriate text or picture on my cell phone. I will not forward it. I will delete it immediately. I understand that sexting can get me into trouble with the police.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

Parent Guidelines: In order to protect my son/daughter, I will frequently check his/her Internet and cell phone history. I will set up an Internet filter (visit [www.aliveandwellteens.com](http://www.aliveandwellteens.com) for help) and, if needed, will contact my cell phone company to monitor cell phone use.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date