

||| DARE TO CARE

Consider the following examples, and encourage your children to use social media with good intent.

- » Compliment a classmate.
- » Send an appropriate and funny joke or video.
- » Share an inspirational story or quote.
- » Send an apology if you have hurt someone.
- » Take a funny picture of yourself.
- » Unplug for an hour or two and write down how you feel.
- » Write a list of the positives and negatives of technology and incorporate the positives.
- » Post something without checking for the number of "likes."
- » Go through your friends and followers list and delete those who are not your "true" friends, remembering that not everyone should have access to you.
(Protect Your Privacy)



||. PAUSE BEFORE YOU POST

ASK YOURSELF THESE QUESTIONS **BEFORE** YOU PRESS SEND:

- » Would I say what I typed face to face? (Kindness)
- » Did I ask permission to send this photo or video? (Respect)
- » Am I being mindful of others with my post? (Mindfulness)
- » Would this make me feel good if I received it? (Empathy)
- » Is my text's intent clear without misunderstanding? (Perception)
- » Is this post a reflection of the true person I am? (Self-Respect)
- » Is this personal or private? Does it need to be shared? (Privacy)
- » Am I spreading negativity? (Intent)



III. MINDFUL HABITS

Encourage/Model Mindful Behavior

- » **Pay attention on purpose.**
Learn to be fully present wherever and whatever you are doing. Pleasant or unpleasant, learn to just be. Take notice of the beauty all around you.
- » **Be present at all events.**
Be an active participant and do not allow your focus to be about capturing the perfect photo or overly documenting the event.
- » **Do one thing at a time.**
Give your full attention to the task at hand or to the people with whom you are present. Learning to concentrate and give your full attention to one task at a time will foster a mindful attitude.
- » **Learn to take a mindful pause before you post.**
Recognize the difference between a reaction and a response. Take a mindful breath and think about how—and if—you should respond.
- » **Be respectful of others' space.**
Use your technology in areas where it will not be intrusive. Refrain from talking on your phone in the presence of others.



Don't Press Send

Pledge



I will carefully choose

with whom I share my cellphone number and account profiles.

I will strengthen my empathy

by asking myself: How would this make me feel on the receiving end? whenever I send, post, or share anything online.

I will build a mindfulness practice

that creates space for me fully enjoy the present moment without devices more often.

I will not give anyone

account information such as passwords or answers to security questions.

I will choose

friends and followers with the understanding that not everyone is my true friend.

I will not type

or send messages that I would not say face-to-face.

I am aware

that "the screen" creates an emotional disconnect, and I will choose to use Kind and Careful communication.

I will remember to *mindfully*

respond and not impulsively react when reading any text or post

I am aware that anonymous sites

and anonymous apps are potentially dangerous.

I will ask permission

before taking and/or posting photos or videos of anyone.

I, _____ pledge

to practice these skills and strive to become a better Cyber Citizen for myself and others.

I will show respect

and value privacy to others and myself when taking and sharing photos.

I will not send

any pictures or videos of myself (or anyone else) without clothing on.

I will make the choice

to unfriend, unfollow, delete, block, turn off, or step away from my device if something is making me feel uncomfortable or unhappy.

I will keep open communication

with a trusted adult about my online interactions.

I will not post

group pictures of an event knowing that I could be excluding someone and potentially hurting their feelings.

I am aware that my self worth

is not determined by the number of "likes" I receive.

I will not value my devices

over the people in my presence.

I am aware that these devices

are often addictive, and therefore will keep a healthy relationship with my usage.

I will learn to establish boundaries

so that other priorities in my life can flourish.

I am aware

that my online behavior has serious, real-life consequences.

X _____
Student Signature

X _____
Parent/Guardian Signature

Should I Post This?



Questions to ask yourself before making a post or comment online

How am I feeling right now?

Before making a post or a comment, it is always important to check how you are feeling in the moment. When we are angry, sad, or anxious, sometimes we end up doing or saying things that we don't mean. If you are experiencing any of those feelings, it might be best to wait until you are calm before you make a post.



Is this information I'm ok with *everyone* knowing?

When people follow you on social media, that means that you are allowing them access to the personal information you choose to share. They can see your pictures, videos, and read whatever you write about your thoughts, views, and opinions. Remember that whatever you choose to post, text, or put online always has the potential to be seen by those you didn't intend. Before you post, make sure that what you are saying or sharing is something you feel comfortable with everyone knowing.

Is this cyberbullying?

Is what you are posting or sharing going to be helpful or hurtful to you or other people? Are your comments trolling or bullying? Such hurtful behavior can have consequences both online and offline.

What would a parent say if they saw this post or comment?

Always think about what a parent or guardian might say if they were standing over your shoulder and saw what you were posting. If you feel like what you are sharing online would not be approved by a parent or an adult, then that's a clue that this may not be the best thing to post.

Is this something I might regret in the future?

Something to remember about commenting or posting online is that whatever you say can last forever, even if you attempt to delete it. Posts that you made when you were younger can be damaging to you when you get older or become an adult. When you are posting or sharing, ask yourself if you're OK with the comments, posts, or images following you into adulthood.

Is this the best way to communicate?

Some people use social media to express their feelings, attack people, or to resolve conflict. Communicating this way can be harmful and ineffective. If you are posting online about a conflict, think about whether this is a situation that you want everyone to be involved in. It might be best to find other ways to communicate to the person you might have a problem with.

Don't Press Send

Stay Informed



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