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# Don't Press Send

## Pledge

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### **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