

Don't Press Send Pledge™

*I will carefully choose who I allow to have my cellphone number.

*I will not give anyone account information such as, passwords or answers to security questions.

*I will choose followers/friends 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 am aware of the dangers that anonymous sites and apps present and will choose not to partake.

*I will ask permission before taking and/or posting photos or recordings of anyone, valuing my privacy and respecting the privacy of others.

*I will not send any pictures or videos of myself or anyone else without clothing on.

*If something is making me feel uncomfortable or unhappy, I will make the choice to unfriend, unfollow, delete, block, turn off or step away from my device.

*I will keep open communication with a trusted adult regarding online interactions.

*I will not post group pictures of an event knowing that exclusion is very hurtful.

*I am aware of the dangerous habit of posting things in order to get a number of “Likes”.

*I will not have my cellphone accessible during homework hours and set a reasonable time for it to be docked for the evening.

*I will choose to use an alarm clock, and not a cellphone because I know it creates an unhealthy attachment and will prevent me from engaging in potentially harmful dialogue.

*I am aware of the ramifications of my actions if I send something that is inappropriate or hurtful to another and how it could affect my future.

*I promise not to send any pictures or texts that do not show respect to others or myself.

*I will try my best to use Kind and Careful communication while using all technology and share my knowledge with my peers to aid in the “DON’T PRESS SEND” Campaign.

Student Signature_____

Parent/Guardian Signature_____