



Dr Gwenn's 2017 Media Use Family Pledge

Kids and Teens

- I will never give out personal information on my cell phone, mobile devices or computer
- I understand that some games and APPs have age restrictions that are important to follow because it is never ok to lie about my age to do anything, even if it seems fun.
- I will not use any technology to harm another person and if someone uses it to harm me or make me feel uncomfortable or afraid, I will let my parent or a trusted adult know

Parents

- I will be good role models for my kids with digital technology and help them create a balance between digital and nondigital activities.
- I will have discussions with my kids about the proper uses of their phones and computer and what to do if they are cyberbullied or sexted.
- I will help my kids at each age pick TV shows, movies, social media sites and games that are appropriate for their ages.
 - I will help my kids understand that many social media sites are for kids 13 years and older and that it is important to not lie about his or her age to do anything on or off line.
- I will let my kids know that I will only check their devices if I have a reason to do so and I won't check a device without talking to him or her first.

Family

- We will agree to technology-free times such as meals and family time.
- We will not use cell phones while driving, especially texting.
- We will use a cell phone in public where it may be rude or annoying such as talking on the phone while in line for a store or coffee/food.
- We will not use technology to harm others by engaging in bullying, harassment or sexting

Date: _____

Signed: _____

Parents: _____

Kids: _____