



Technology & Social Media



Make High School Great!

Screen Time Survey

Answer the following questions to reflect on how technology is affecting your life.

Yes No

- I check my phone every few minutes.
- I often get anxious or angry if I can't use my phone and other devices.
- Once I start playing video games, I have a hard time stopping.
- I check my social media page(s) all the time.
- I often stay up too late using my phone, playing video games, or watching videos.
- I text while others are talking to me.
- I feel anxious or upset when my phone or tablet battery is low.
- I check the same apps over and over again.
- I often use my phone when I'm not supposed to.
- Family members hassle me about being on my phone too much.

Give yourself 1 point for every Yes.

YOUR SCORE _____

If you checked a lot of boxes "yes," perhaps it's time to think about (and maybe cut back on) the amount of time you spend with technology.



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Cyberbullying

Cyberbullying is the use of electronic devices (cell phones, computers, tablets) to harass, threaten, or embarrass others. Here's what to do if it ever happens to you.

Don't respond/retaliate. Cyberbullies who don't get a reaction often get bored and quit.

Block/delete. Immediately block or delete the cyberbully's profile, number, or email.

Tell an adult you trust. Also tell your friends. Don't let anyone bully you into silence!

If you are being threatened, it's serious. If you've been threatened, it's important that you tell your parents what's going on.

If you witness cyberbullying, do something. If you see or hear about cyberbullying, intervene to stop it, support the person who was targeted, and/or report it to an adult.

Most cyberbullying takes place outside of school and "under the radar" of adults. This makes it more important than ever for students to speak up and take a stand against cybublying.



Technology & Social Media

There's a lot to love about technology, but like everything in life, nothing is perfect.

While technology and social media can add a great deal to your life, they can also have some negative effects—especially in things that truly matter, like your relationships and your future.

It's important for you to pay attention to **how** you are using your devices, and to **how often** you're using them. It's also important for you to be careful, smart, and safe online.

Your online life today can impact you for the rest of your life—positively or negatively. The choice is yours.

Make Good Decisions

Your parents and teachers want to keep you safe from all that's negative, false, or harmful online, but there's only so much they can do. You need to make good decisions for yourself.

Be Smart

- ▶ Create hard to guess passwords, change them regularly, and don't share them with anyone other than your parents.
- ▶ Don't download copyrighted music or videos. It's illegal.
- ▶ Sending and receiving "sexy" pictures of yourself and/or classmates can be illegal. *Never send or share inappropriate photos or messages.*
- ▶ Most importantly, think for yourself. If something doesn't feel or sound right to you, it probably isn't. Use common sense and trust your instincts.

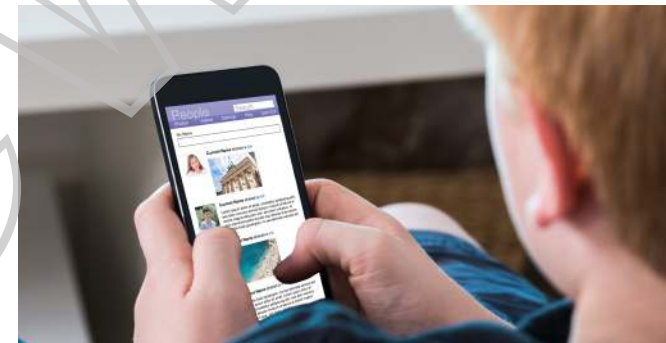
Be safe

- ▶ Don't put personal information (address, school, favorite hangout, etc.) online.
- ▶ Do not meet face to face with someone you've met online.



Digital Citizenship

Being a good digital citizen means that your online behavior is responsible and positive. It also means that you think critically about what you read online.



Be positive and kind

- ▶ Be extra polite to people online. They can't see your expression or hear your tone of voice, so what you say can easily be misunderstood.
- ▶ Remember that permanent means *permanent*. Somebody will always have access to what you've sent or posted, and it can always be recovered. Only send or post things you feel comfortable with people seeing *forever*.
- ▶ Be smart. Only use social media for positive comments, kind words, and to support others.

Think critically

- ▶ There's a great deal of misinformation online – information that is deceptive, misleading, or false. Be sure to double check facts, especially for information found on social media sites.
- ▶ Think independently, clearly, and rationally, and consider the motivations of the author.