



# GCPS

## A Publication of the GCPS Information Management Division

Gwinnett County Public Schools is committed to providing information related to student technology use in a manner that is clear, concise, organized, accessible, and current. To that end, GCPS has provided articles and handouts on its web site.

The following resource is provided for information only and is NOT an official policy or procedure of Gwinnett County Public Schools. This resource may be used by schools and the school communities to share information and ideas around student technology use.

Should a conflict between the information on this site and the existing policy, regulation or rule occur, then the official or approved policy, rule or regulation supersedes the resources in this document.



# Common Sense Tips for a Healthy Media Diet

## Establish media guidelines for your kids.

- › Set media time limits and stick to them. Experts recommend no more than one to two hours a day of screen time.
- › Check content and ratings at [www.commonsensemedia.org](http://www.commonsensemedia.org) in advance to choose media that is age-appropriate.
- › Keep media out of kids' bedrooms. Locate media in a central place where their media use can be supervised.
- › Make a NO media rule during mealtimes, while doing homework, and before bedtime.
- › Consider using parental controls – blocking technology like the V-Chip for TV or filtering software for the Internet.
- › Get kids into the habit of asking permission to use media.
- › Make sure babysitters and other caregivers know your media guidelines.
- › Push the remote button to “off” and get kids to read, exercise, or play every day for the same amount of time they spend using media.

## Use media together and talk about what you see, hear, and read.

Whenever you can, watch, play, listen, and surf with your kids. Talk about the content. When you can't be there, ask them about the media they've used.

Practice media literacy – help kids question and analyze media messages by sharing your values. Let them know how you feel about solving problems with violence, stereotyping people, selling products using sex or cartoon characters, or advertising to kids in schools or movie theaters.

Help kids connect what they learn in the media to events and other activities in which they're involved, like playing sports and creating art, in order to broaden their understanding of the world.

## Be a role model.

When kids are around, set an example by using media the way you want them to use it.

Use the VCR or TiVo™ to record shows that may be inappropriate for your kids to watch – even the news – and watch them at a later time when kids are not around.

## Voice your opinion and keep informed.

Write a letter or send an email to let media companies and government representatives know what you don't like about media. Make sure to also let advertisers who sponsor the media know how you feel too. And don't forget to compliment media companies when you like something and would like to see more of it!

Help kids write letters when they want media producers to know how they feel.

Keep informed about policy and research concerning children and media at [www.commonsensemedia.org](http://www.commonsensemedia.org).

# Common Sense media agreement for parents and teens in high school

## I will protect my reputation and privacy.

- I will create privacy settings on social networking sites.
- I will keep my password private.
- I will not give out my personal information (like my address) to someone I don't know.
- I will not put myself at risk by posting or sending sexy or scandalous photos.
- I will not post anything on my profile that I wouldn't want my parents, teachers, college admissions officers, or future employers to see.

## I will demonstrate my maturity.

- I agree to only use the Internet responsibly and not be hurtful to anyone.
- I agree not to use technology to cheat in games or in school.
- I agree to flag and report content that is potentially inappropriate.
- I will be mindful of how much media I consume and will balance it with other activities in my life.
- I will confide in an adult if anything potentially dangerous happens online.

## I will think first.

- I know that not everything I read or see is true, and I will think about whether a source or person is credible.
- I agree to think about and understand anything I download or any survey I fill out.
- I will earn my independence and my parents' trust.
- I will help my parents understand why media is so important to me.
- I will show them how to use the tools that I like if they're interested in learning.
- I will recognize that my safety and well-being is more important to them than anything else.

## In exchange, my parents agree to:

- Be open-minded about the media that I love and recognize that it's a big part of my life, even if they don't always understand why.
- Let me make some mistakes and help me learn from them.
- Before saying "no," talk with me about what worries them and why.
- Respect my privacy and talk to me if they have concerns.
- Embrace my world: try to understand downloads, IM, online games, and Web sites that I like.

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Signed by Me

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Signed by my Parents

# Common Sense media agreement for parents and kids grades 6-8

## I will keep myself safe.

- I will not give out any personal information, like my age, last name, address or phone number, or meet someone I've met online, without my parents' permission.
- I will not put myself at risk by posting or sending sexy or naked photos.
- I will block creepy messages from people I don't know.
- I will tell my parents or an adult I trust if anything happens online that makes me feel uncomfortable, upset or sad.
- I will not share my password with anyone other than my parents, even my best friend.
- I will set privacy controls and discuss with my parents when I want to create a social networking profile.

## I will think first.

- I agree that not all TV shows, movies, games, music and Web sites are right for me. I will talk to my parents if I am not sure what's appropriate.
- If my family has rules about ratings, I will follow them.  
The rules are: \_\_\_\_\_  
\_\_\_\_\_
- I know that not everything I read or see is true, and I will think about whether a source is credible.
- I agree not to download anything or fill out surveys without my parents' permission.
- I know that the pictures and videos I post online, and everything that I write about myself and my friends, will likely be online forever. Therefore I will not put anything on my profile that I wouldn't want my parents, teachers, college admissions officers or future bosses to see.

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Signed by Me

## I will be a good digital citizen.

- I agree not to bully anyone online or on my cell phone by sending pictures or sharing videos without the permission of the person(s) in the photo/video, or by spreading gossip, setting up fake profiles or saying cruel things about people.
- I agree not to use technology to cheat in games or on schoolwork.
- I agree to flag and report content that is inappropriate.

## I will keep a healthy balance.

- Even though I love media, there are other things in my life that I'm interested in. So I will help my parents set time limits that make sense and then I will follow them.
- I will help my parents understand why media is so important to me, but also recognize that my safety is more important to them than anything else.

## In exchange, my parents agree to:

- Recognize that media is a big part of my life, even if they don't always understand why.
- Before saying "no" talk with me about what worries them and why.
- Embrace my world: understand downloads, IM, online games and the sites that I like.

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Signed by my Parents

# Common Sense media agreement for parents and kids grades k-5

## I will keep myself safe.

- I will not share my password with anyone other than my parents.
- I will not give out any personal information, including my birthday, last name, address, school, picture or phone number.
- I will not upload or download photos or videos or fill out surveys without my parents' permission.
- I will not meet someone in person who I've met online without my parents' permission.
- I will tell my parents or an adult I trust if anything happens online that makes me feel upset, sad or not safe.

## I will be a good digital citizen.

- I will not bully anyone online or on my cell phone by sending pictures, sharing videos, spreading gossip, setting up fake profiles or saying cruel things about people.
- I agree not to use technology to cheat in games or on schoolwork.
- I agree to tell my parents if I see something that is inappropriate.

## I will think first.

- I will make smart decisions about what I watch, play and send, and will ask my parents if I'm not sure what's appropriate.
- If my family has rules about ratings, I will follow them.

Movies \_\_\_\_\_  
TV \_\_\_\_\_  
Video games \_\_\_\_\_  
Web sites \_\_\_\_\_  
Music \_\_\_\_\_

- I know that not everything I read, hear or see online is true.

## I will keep a healthy balance.

- I will help my parents set time limits that make sense, and then I will follow them.
- I will recognize that my safety is more important to them than anything else.
- I will continue to enjoy the other things — and people — in my life.

## In exchange, my parents agree to:

- Recognize that media is a big part of my life, even if they don't always understand why.
- Before saying "no" talk with me about what worries them and why.
- Talk to me about my interests and help me find stuff that's appropriate and fun.

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Signed by Me

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Signed by my Parents