

# Our Clean & Safe Media

## Pledge

As a family, we commit to making safe media choices in order to protect our family and keep our home a happy and healthy place to be.

We will do this by:

Selecting books, websites, music, magazines, activities and/or movies which are in harmony with our family values.

Being kind to ourselves and to others by not posting or forwarding anything that could cause hurt, embarrassment or offense. If we receive a text or email that makes us feel uncomfortable, sad or scared, we will tell a parent right away.

Showing respect for our body and others' bodies by not looking at or posting nude or immodest images. If we accidentally come across something inappropriate, we will tell a parent immediately.

Protecting identifying information by not posting phone numbers, addresses or personal information in places where they could be seen by strangers. If we are unsure, we will ask a parent before posting personal information.

Never meeting up with someone we have met online unless a parent knows exactly where we are and someone accompanies us.

Limiting our media use when it is late at night or we are home alone.

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Dated: \_\_\_\_\_