MOBILE-DEVICE & ELECTRONIC-SCREEN POLICY

1   Introduction

This charter relates to activities on computers, smartphones, smartwatches and tablets such as social media use, texting or gaming. The first section is for students, the second for parents.

2   For Students:

2.1   I protect my privacy when I'm on screen.

    2.1.1   I am careful about revealing personal details on screen such as where I live, or what school I go to.

    2.1.2   I never post or send photos on screen that I would not show my parents or teachers. I am aware that even if I delete them later, they could be on the Internet forever.

    2.1.3   I look at the options for who sees what on my social media sites and I choose wisely.

    2.1.4   I am careful about what sites I visit because I know that a log of every page I see is recorded in a history either on the device I am using or on the side of my service provider (and usually both).

    2.1.5   I am aware of the fact that I leave a trace everywhere I go online and that future universities or employers might look me up to see what I have been posting. I want them to see a positive image of me.

    2.1.6   I am creative in making passwords that are hard to guess. I never give my password to anyone. If my password is compromised, I contact an adult at home or at school.

2.2   I protect my identity when I'm on screen

    2.2.1   I do not give out on any website or social media my address, phone number or full name.

    2.2.2   I am aware of the serious risk of identity theft (when someone pretends to be me by using my email or online profile) and I protect myself by not making myself vulnerable.

    2.2.3   I watch out for suspicious messages (ones that ask me for money, say I've won an iPhone or give me a link to a suspicious website) and I ask for advice from an adult if I'm not sure it is okay.

    2.2.4   I do not lend my connected devices to anyone who could use my account for doing something bad in my name. I close my session when I finish working on a device that is not mine.

    2.2.5   I never send my password by email, online form or respond to text messages asking me to send my password. Before I log in to a service, I make sure it is an authentic and secure login page.

2.3   I am reflective about my screen time: I am mindful of antisocial behavior and the dangers of addiction

    2.3.1   I set a limit for the number of hours I play, and if I struggle keeping up with my limits, I ask my parents / an adult for help. I only play video games after I have finished my homework.

2.3.2   I am aware that addiction means using something to an extent that it has a negative impact on my family life, social life and/or academic results. I make sure my screen time doesn't affect my sleeping or eating habits and does not distance me from my family and friends.

2.4   I respect the laws, terms and conditions and rules of netiquette when on and offline

2.4.1   Before I share, like or pass on something online, I ask myself a few questions: Is it true? Is it kind? Is it respectful of others? What will people think of me if I am associated with this?

2.4.2   I do not use my digital devices for illegal or malicious activity such as insults or spreading lies.

2.4.3   I am polite when I write on screen: I never type anything that I wouldn't say to that person face-to-face with an adult standing nearby.

2.4.4   I am aware of the fact that what I do online could have consequences in the real world - students can get expelled from school for illegal behavior online, even if it is not in school.

2.4.5   I do not promote hatred, violence, prejudice, racism, bullying, intimidation and other such negative ideas. When I see such activity, I report it to my parents or teachers and/or flag it online.

2.4.6   I respect intellectual property and I respect the privacy of others.

2.4.7   For video games, I am aware that in-app purchases associated with some 'free' games can add up quickly. I check with my parents before spending any money online.

2.5   I am reflective about what I see online

2.5.1   I understand that not everything on the Internet is true.

2.5.2   I understand that many posts on social media are taken out of context and might cause me to make a quick judgment about someone which is, in fact, not justified.

2.5.3   I understand that not everything is appropriate for my age. I will have plenty of time later in life to do things like play violent video games but I only have a few years to enjoy content for my current age.

2.6   I understand that not everyone is who they say they are online.

3   For parents:

3.1   I talk to my children about the above issues. I instill in them the idea that if they follow the guidelines, they should be fine, but that if they do not, there are some serious possible consequences such as sanctions, identity theft, loss of innocence or loss of privacy.

3.2   For screen time, I have a policy at home about how much time my children spend on video games or social media. For example, I have a deal with my children that if their school work or social / family lives are suffering due to excessive screen time, I will take away their connected devices or game controllers for a certain amount of time.

3.3   For video games, I am vigilant about the level of violence or adult content. I take the time to read the labels and understand the symbols that help parents make the right choices depending on the age group of each child. I talk with the older siblings about the fact that they should not be playing certain games around their younger siblings and that the console should have some kind of password or parental control to prevent the younger ones from accessing certain games.

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Linked policies: School Rules, Behavior Policy

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3.4   Since it is very difficult to control what websites my children are visiting, I have some strategies such as limited Internet access on their smartphones or tablets, the ability to turn off the wifi connection at home or to filter it, or simply having connected devices stay in the family room.

3.5   I apply strategies for developing resilience in my children who sometimes receive negative comments online. I have talked to them about what cyberbullying is and how to deal with it.

3.6   I have considered and discussed the possibility of a rule about no screens at the dinner table whereby everyone applies it: parents as well as children. We can catch up on texting, social media and emails after dinner.

3.7   I have talked with my children about late-night texting possibly having an impact on their sleep, their school performance and their health. If it gets out of control, I ask them to give me their connected devices when they go to bed and I give them back in the morning.   But this is something I discuss with them in advance before the problems arise.

3.8   In short, I talk to my children and help raise awareness about the risks as well as try to seek a balance between real life and the virtual connected world. I discuss family policies with them that will hopefully be the most fair and realistic to implement.

4   Conclusion

4.1   This charter was created by the Aware Net Team at the Ecole Jeannine Manuel Paris, a team of Première and Terminale students led by Mr. Renard (IT) and Mr. Damon (IB Coordinator).

4.2   Its objective is to give parents and young people things to talk about and consider in today's complex world dominated by screens of all sizes. We hope it is useful tool for generating fruitful discussions.

4.3   Authors: Camille L., Juliette A., Julie B., Benjamin J., Elise Le C., William S.