

# March 2019 - Respect for Technology

*"Turn off your email; turn off your phone; disconnect from the Internet; figure out a way to set limits so you can concentrate when you need to and disengage when you need to. Technology is a good servant but a bad master." G Rubin*

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
3	4 Please set your privacy settings on your devices to protect yourself	5 Think of some activities that you can do this month without your phone, computer or t.v.	6 Sharing photos of yourself should be saved for your real friends	7 Gossiping and sharing rumors online is just like saying it in person... Be Kind, don't spread rumors	8 When doing your homework, turn off your phone and t.v. so you can focus better	9
10	11 Do not respond to any mean or inappropriate messages - and tell your trusted adult	12 Make sure the messages you are sending on your phone are respectful	13 Cyber-bullying is serious and can even be considered a crime... always be kind online	14 When playing video games with others (like Xbox Live) don't share personal information	15 Be aware of who you are contacting on line - if you don't know them in person, they are a stranger	16
17	18 Let an adult know if you are uncomfortable with something you see online	19 Let your true character shine online - be kind, respectful and polite	20 When asked, do not share your user name or password information (except to share with your parents)	21 Instead of texting your friend this afternoon, call them on the phone ;)	22 Ask your friends and family to play an old-fashioned game this weekend - how about Monopoly?	23
24	25 Remember: your text messages never go away - even when you delete them	26 Respect the privacy of others when you are on your phone or computer	27 When you are eating a meal with friends or family - put your phone away and enjoy each other!	28 Don't post it or share it if you wouldn't share it with your grandma ☺	29 Turn off your phone this weekend and play outside ;)	30
31	30 It is NEVER ok to meet an online friend who you have never met before - sometimes people pretend to be someone they aren't!	31 What activities did you discover this month when you left your video games, phone and t.v. behind?				