

BONUS CONTENT

# CHEAT SHEET

Here are the most important tips from *First Phone*.  
Keep this handy and review periodically.



# TEXTING TIPS

- Don't text when you are angry or upset (unless it's to talk to your parents).
- Don't spread rumors or share mean content. Be an upstander.
- Call rather than text a long story or response to question. Less room for mistakes or misinterpretations.
- When in doubt, assume a positive tone. Avoid assuming the worst.
- Before texting ask yourself this question: Would I be proud to say these words or share this picture on the loudspeaker at school? If the answer is no, then maybe don't send that text. Remember, nothing is private.

# PRIVACY

- You may have people you consider friends from playing online video games. Never give out your personal information like phone number, address, birthday, etc.
- If a “friend” starts asking inappropriate questions or trying to get secrets out of you, they are not a friend. Block them.
- Never click on a link sent to you from a stranger until you verify the source. Opening some links can allow others to access your private information on your phone. Even if just as a joke, don’t reply to people who are scammers.
- If you don’t know the contact, you do not have to answer the text. It isn’t rude. It’s smart and safe to ignore a text from someone you do not know.
- Trust your instincts and respect your body’s message. Take a moment to pause and assess what is causing that funny feeling. With smartphones, it can happen when maybe we should NOT post something, or we should give NOT out a certain piece of personal information. If you think before you act you can prevent a mistake.

## TIPS ON SEXTING

- Never send a naked or even partially naked picture of yourself to anyone.
- If someone asks you for a naked picture, firmly say no. If that person continues to ask, block the number.
- If someone texts you a naked picture, delete it right away and talk to your parents about it. The person who sent that to you may need help to understand how serious it is to send naked pictures.
- Remember, it is never okay to take a picture of someone naked without their permission.

## SOCIAL MEDIA

- Always keep your social media accounts private.
- Keep location access turned to Never.
- Remember that social media isn't real life.
- Be careful who you share information with about yourself.
- Even if your account is private, it can still be screen-shotted and shared. Be mindful of what you share.

# GOOGLE

- Not everything you read on the Internet is true. Be a careful consumer of information.
- Pause before clicking on anything that gives you a funny feeling of worry or concern.
- Use Question–Wait–Answer to make sure you are ready for what you are about to google.

# ACTIONS TO TAKE

- Keep phone in a consistent location while at school and at home to decrease chance of losing or damaging it.
- Limit or turn off notifications from apps, texting and email.
- Find screen time tracker on your phone. Monitor your usage over time to better assess your screen time.
- Schedule screen-free time every day.
- Turn phone off an hour before bedtime to improve sleep.
- Charge phone and other electronics away from the bedroom.
- Plan activities away from screens to increase happiness and lower risk for negative outcomes.



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