INSTRUCTIONAL PAGE—DO NOT PROGRAM

In this visual guide, you will find presentations of what each page should look like on the site, as well as internal links and navigation instructions.

—Any content within the WHITE SPACE outside the RED BOUNDARIES is not to be programmed into the site.

—Page numbers are in purple boxes in the lower left corner of each page—also not to be included in site.

At the top of all pages, you will see this bar:

—The grey bar at the top is modeled to resemble an internet browser and is not to be programmed into the page—it is merely for reference.

—The YELLOW bar that reads “JOIN THE HOUR” should connect to Page 5.1 at any time—this means, on every page of the site, the yellow “JOIN THE HOUR” bar will connect the user to Page 5.1 .

—We will be adding links to the social media icons (next to yellow bar, includes Facebook, google+, Twitter, and pinterest) as we enter each platform—we need to be able to add links to these icons ourselves once the site is complete.

—The “#” in the black box at the top left will initiate the NAVIGATION MENU (PAGE 0.5), which should slide out—please look to this website: http://www.beyonce.com/ (and click the black box with the three horizontal lines a the top left of the screen) for reference on how the menu should move. Reference page 0.1 for visual guide/copy for menu should look.

—Finally, the large text “TECH IT OFF” should redirect the user back to Page 0 (the home page) at any time.

^^The above outlined navigation needs to be applied to EVERY PAGE.
Photos for pages 1, 2, 3, 4, 5, 7, 9, and 10 and their subsidiary pages all have a Dark Gray border around them, 5 pt. EXCLUDING photos that begin with 13 and 12

You will receive instructions for the blog section (PAGE 6) in the next two weeks, along with all download PDFs, Videos, and embeddable quizzes.

The first page following this instructional page is Page 0 (Home page)
The second page is The same home page, with copy. This page shows what each individual picture should look like when the user hovers over with their mouse—please note, mouse hovering only shows copy for the appropriate picture, not all simultaneously.

http://www.techitoff.com/
http://www.techitoff.com/
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tv guide
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News (1934)
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#
TECH IT OFF
JOIN THE HOUR
WELCOME TO OUR HOUR
YANN

http://www.techitoff.com/
TECH IT OFF
JOIN THE HOUR
CYBERBULLYING + ABUSE
ABOUT THE HOUR
TECH ADDICTION
CYBERCRIME NEWS
WELCOME TO OUR HOUR
BLOG
SCHOOLS + PARENTS
CONTACT US
CORPORATE PARTNERS
TIPS FOR TEENS
YANN
EXCLUSIVE TIPS FROM THE YES AND NO NO GIRLS

0.1

Fonts/Sizing:

Heading: RBNo2 Light/60 pt.
Captions: RBNo2 Light/25 pt.

Links:

Photo 12.1: Page 5
Photo 12.2: Page 2
Photo 12.3: Page 6
Photo 12.4: Page 3
Photo 12.5: Page 1
Photo 12.6: Page 10
Photo 12.7: Page 7
Photo 12.8: Page 9
Photo 12.9: Page 8
Photo 12.11: Page 11
White box below heading is search bar—should be able to pick up word from all copy
Clicking the “#” square is what opens and closes menu.

Etc.:

Below the heading is a search bar that must be able to search entire site for entered characters

http://www.techitoff.com/

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TECH IT OFF

JOIN THE HOUR

X

TECH ADDICTION

83% of 18-34 year-olds sleep with their smart phones, and 32% of 18-24 year olds check social media from the bathroom: it's clear that these days, tech isn't just a hobby—it's a lifestyle. Recent research has shown how overuse of tech may be detrimental to how our brains function and develop.

SLEEP

DESENSITIZATION

ADDICTION

MULTITASKING

STRESS + DEPRESSION

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1

Fonts/Sizing:

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Photo 1.1: Page 1.1
Photo 1.2: Page 1.2
Photo 1.3: Page 1.3
Photo 1.4: Page 1.4
Photo 1.5: Page 1.5

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TECH IT OFF

JOIN THE HOUR

X

SLEEP

TECH ADDICTION

MULTITASKING

DESENSITIZATION

STRESS + DEPRESSION

ADDICTION

Forty-five percent of US adolescents aren't getting enough sleep—47% of US adolescents own smart phones. We think this is more than just coincidence. According to Dr. Randy Buckner, a cognitive neuroscientist at Harvard University, the light emitted from our technology offsets our circadian clocks and messes with our sleep cycles, which we need in order to get full, restorative sleep. It's the difference between waking up to chirping birds and sweet sunshine vs. slamming the snooze button on your alarm and pretending you aren't already fifteen minutes late. Inadequate sleep has been linked to poor academic performance, mood disorders, impaired social relationships, substance abuse and even *suicide*—so with the stakes that high, we'd say it's time to give your brain a break and keep the bed a tech-free zone. What do you think?

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TECH IT OFF

JOIN THE HOUR

X

MULTITASKING

TECH ADDICTION

SLEEP

DESENSITIZATION

STRESS + DEPRESSION

ADDICTION

"But mom, I work *better* with the TV on," right? Wrong. Cell phone in one hand, computer in the other, television on in the background *and* a textbook somewhere in between. This is what we call multitasking and, according to Stanford psychology professor Clifford Nass, it's changing our brains for the worse.

According to Nass's research, those who consistently multitask suffer a number of deficits—they can't filter out irrelevancy, their working memory is shot, and they're always distracted. In short, people who multitask are inefficient.

When we process a stimulus, our brain engages sections that are relevant to that stimulus. But when we rapidly switch back and forth between multiple stimuli, it becomes difficult for our brain to differentiate between which sections are needed when. As a result, our brain begins to enlist sections that are irrelevant to the task at hand. This may be why, for example, if you are Your brain is focused on things that *aren't there*—which makes

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Photo 1.4: Page 1.4
Photo 1.5: Page 1.5

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TECH IT OFF

JOIN THE HOUR

X

DESENSITIZATION

TECH ADDICTION

MULTITASKING

SLEEP

STRESS + DEPRESSION

ADDICTION

The great thing about the Internet is that you can post whatever you want, whenever you want, and anyone can read it. Wait, let me take that back—it could actually be the worst thing—in fact, it is potentially the reason why today's youth can seem completely desensitized and apathetic. Similarly to how we fear violent video games will desensitize children from acting out physically, language used online can impact how children express themselves verbally.

In a 2013 study performed by the Associated Press NORC center for Public Affairs Research and MTV, 53% of teens and young adults reported to seeing or hearing people using discriminatory language while browsing social networking sites like Facebook or Twitter. Slurs and insults are tossed around casually, in jokes or comments or even in extensive rants intended to be funny or increase a user's viewership.

There is a growing mentality that ignores the effects of hateful speech and action, isolating groups and encouraging teens to

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TECH IT OFF

JOIN THE HOUR

X

STRESS AND DEPRESSION

TECH ADDICTION

MULTITASKING

SLEEP

DESENSITIZATION

ADDICTION

In a 2012 survey by the American Psychology Association, millennials (those age 18-33) were found to report higher stress levels than any generation preceding them and, what's worse, over one-third of millennials reported they felt their stress levels had only gotten higher in the past year. So why is everyone feeling so stressed? We think it may have something to do with overuse of tech.

And we're not the only ones—in a 2012 study by the University of Edinburgh Business School, it was suggested that the more friends someone has on social media, the more anxious they are. And it makes sense—now, rather than merely fearing judgment from their peers, people face criticism from the entire online world. With about 39% of the global population plugged in to the internet, that's *a lot* of people.

And it's not just the scrutiny that's making people upset: a recent study compared mind-wandering to overall happiness, and found that people were significantly less happy when their

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TECH IT OFF

JOIN THE HOUR

X

ADDICTION

TECH ADDICTION

MULTITASKING

SLEEP

DESENSITIZATION

STRESS + DEPRESSION

Technology Addiction has been a hot topic these days—and this phenomenon isn't restricted to the US. In a recent study performed by The World Unplugged, nearly 1,000 students in ten countries on five continents were asked to abstain from using all media for one full day in an effort to measure the legitimacy of technology addiction—that means no smart phones, no computers, no Facebook, no nothing.

The students were then asked to reflect on their experience, and while this task may sound easy to some of you, it certainly was no 'day off' for these tech addicts. They express feelings of anguish and anxiety; students couldn't sleep, they couldn't focus, and some of them couldn't even make it a full twenty-four hours without giving up and checking their media. Compare these signs of addiction to these reflections and see for yourself.

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Photo 2.3: Page 2.3

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TECH IT OFF

JOIN THE HOUR

X

ABOUT TECH IT OFF

ABOUT

Tech It Off is a global movement designed to turn the world on to better technology values. This movement:

- educates people to adopt a new tech value system and turn on to a better technology world.
- invites people to collectively turn off their technology for...one hour, same time, same day each year in celebration of their commitment to change.
- motivates people to discover the productive benefits of positive technology use, relaxing, socializing, and even meditating.
- creates a central hub where technology abuses are catalogued so schools and other youth organizations can be alerted to the prevalence of online abuse
- encourages people to take action beyond the hour

ABOUT
INTRALINK GLOBAL

QUESTIONS

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TECH IT OFF

JOIN THE HOUR

X

ABOUT INTRALINK GLOBAL

ABOUT

QUESTIONS

ABOUT TECH IT OFF

IntraLink Global is a Technology-Driven Content firm. Our focus is marketing, which in today's society means utilizing technology and social networking platforms. As part of the tech world, we have been exposed to significant research regarding the effects technology can have if and when used improperly. This wealth of information is important, and we feel obligated to share what we've learned with the population at large.

We'd like to help others engage with technology in a way that is safe and healthy. We look at this the same way we look at working out—exercise is good for you, but if you don't take the time to learn the proper stretches and warm-ups, you'll end up with an injury. Technology requires the same foresight.

Tech It Off is our corporate social responsibility initiative. We strongly feel that anyone who is marketing to consumers should join in our efforts to create a better technology world,

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TECH IT OFF

JOIN THE HOUR

X

QUESTIONS

ABOUT

ABOUT INTRALINK GLOBAL

ABOUT TECH IT OFF

What do you mean by "Better Technology World"?

Where are you getting your statistics from?

How do I keep updated on what's going on?

What's wrong with social media?

Why should I "Tech It Off"?

Can I be arrested for what I do online?

Why should I care if people are mean online?

How can we stop online bullying?

How can I help create a "Better Technology World"?

Is technology bad?

How do schools fit in?

What can parents do to educate their children?

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Q3/Q6/Q12: Gotham/18 pt.
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Q8/Q11: Gotham/ 16 pt.
Q9/Q10: Gotham Bold/ 18 pt.

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Q1: Page 2.31
Q2: Page 2.32
Q3: Page 2.33
Q4: Page 2.34
Q5: Page 2.35
Q6: Page 2.36
Q7: Page 2.37

Q8: Page 2.38
Q9: Page 2.39
Q10: Page 2.40
Q11: Page 2.41
Q 12: Page 2.42

Etc.:

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TECH IT OFF

JOIN THE HOUR

X

ABOUT

QUESTIONS

What do you mean by "Better Technology World"?

For us, a "Better Technology World" means two things.

1. A world where the internet is safe—for everyone: we're calling to end cyberbullying, slurs and offensive language, cybersexting, cyberstalking, and anything else that can bring harm to others or to *yourself*.
2. You control the technology—not the other way around: We envision a world where your worth isn't measured in "likes". A world where your time isn't spent glued to the screen, waiting for a new text or social media notification. Tech Addiction is a very serious, very real thing, and we feel it's time we Tech Back Control over our IT gadgets.

We believe that, by working together, we can create a technology world that's good for us—both mentally and physically.

ABOUT INTRALINK GLOBAL

ABOUT TECH IT OFF

Is technology bad?

How do schools fit in?

What can parents do to educate their children?

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Etc.:

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TECH IT OFF

JOIN THE HOUR

X

ABOUT

QUESTIONS

What do you mean by "Better Technology World"?

Where are you getting your statistics from?

All of our statistics are from the most up-to-date reports from established, reputable organizations that get information directly from kids like *you*. If you're unsure, check our stats in Google! The reports we use are easily accessible and available to everyone on the web.

Can I be arrested for what I do online?

Why should I care if people are mean online?

How can we stop online bullying?

How can I help create a "Better Technology World"?

Is technology bad?

How do schools fit in?

What can parents do to educate their children?

ABOUT INTRALINK GLOBAL

ABOUT TECH IT OFF

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—Clicking anywhere within the black box, excluding all content within grey box & other links, connects user back to page 2.3

Etc.:

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TECH IT OFF

JOIN THE HOUR

X

ABOUT

QUESTIONS

What do you mean by "Better Technology World"?

Where are you getting your statistics from?

How do I keep updated on what's going on?

We do our best to keep our site updated with the most recent research—but for day-to-day updates, check out our Tech It Off blog. Parents and Educators can also join our e-mail list for global updates on cyberbullying news and tips for how address online abuse.

Why should I care if people are mean online?

How can we stop online bullying?

How can I help create a "Better Technology World"?

Is technology bad?

How do schools fit in?

What can parents do to educate their children?

ABOUT INTRALINK GLOBAL

ABOUT TECH IT OFF

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TECH IT OFF

JOIN THE HOUR

X

ABOUT

QUESTIONS

What do you mean by "Better Technology World"?

Where are you getting your statistics from?

How do I keep updated on what's going on?

What's wrong with social media?

Nothing—in fact, we think social media is an amazing way to connect, build communities, and celebrate your interests. However, we do feel there's room for improvement in the *ways we use* Social Media. Connecting with strangers, sharing revealing pictures, and posting offensive or cruel messages aren't just dangerous behaviors for the people around you—they can be dangerous for *you*, too! We'd like to see social media reach it's full potential, and that means safe, considerate, and careful online behavior. Check out what the Yes and No No Girls have to say about tech etiquette.

Is technology bad?

How do schools fit in?

What can parents do to educate their children?

ABOUT INTRALINK GLOBAL

ABOUT TECH IT OFF

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TECH IT OFF

JOIN THE HOUR

X

ABOUT

QUESTIONS

What do you mean by "Better Technology World"?

Where are you getting your statistics from?

How do I keep updated on what's going on?

Why should I "Tech It Off"?

When we ask you to "Tech It Off", what we're really asking you to do is take a moment and think about whether or not you engage with technology in a healthy and productive way. Our hour is not about abandoning technology altogether, but committing to a healthy tech lifestyle and having the power and will to survive an hour without checking in, tuning in, or plugging in. Think of Tech It Off Hour as a challenge—are you up for it? Look to the Welcome to Our Hour section for fun ways to Tech It Off and turn on to a better technology world.

Is technology bad?

How do schools fit in?

What can parents do to educate their children?

ABOUT INTRALINK GLOBAL

ABOUT TECH IT OFF

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TECH IT OFF

JOIN THE HOUR

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ABOUT

QUESTIONS

What do you mean by "Better Technology World"?

Where are you getting your statistics from?

How do I keep updated on what's going on?

What's wrong with social media?

Why should I "Tech It Off"?

Can I be arrested for what I do online?

Yes, you can — and when your crime is on a webpage for the world to see (or even just your Facebook friends list), you'll be caught red-handed. Online, there's little room for denial — so be careful what you post! It may come back to bite you. If you don't believe us, check out our CyberCrime News section and read the stories of teens whose choices online landed them in court!

That being said, getting arrested isn't the only punishment you can face for your misdeeds online—colleges and employers also base their decisions around your online identity, so if you're wondering why you didn't get that job you were shooting for, check your social media profiles—the answer may be right in front of you.

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Why should I care if people are mean online?

Online bullying brings schoolyard taunting into our homes — bullies can reach their victims anywhere, anytime, and completely under the radar because it happens through the screen of your phone or computer instead of through visible gestures. The victims are your peers—your friends, your family, classmates, roommates, Facebook friends, Instagram followers, and everyone in between! Bullying affects EVERYONE, whether you know about it or not. For more information on how serious the consequences of cyberbullying can be, check out the 'Our Movement, Their Stories' section under Cyberbullying and Abuse.

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How can we stop online bullying?

The fight to end online bullying starts and ends with you — instead of posting, sharing, or commenting cruel and insensitive messages, participating in exclusive groups or even standing idly by and watching others mistreat one another, become an advocate for positivity. Check out our #techitforwardgame, share your story to let kids know they are not alone, or log any online abuse that you witness so educators and parents can stay informed and equipped on how to serve as a resource for victims of cyber abuse. We believe that if we all work together, we can put an end to cyberbullying. Are you up for the challenge?

What can parents do to educate their children?

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What do you mean by "Better Technology World"?

Where are you getting your statistics from?

How can I help create a "Better Technology World"?

This is a campaign that belongs to everyone — teens, parents, educators, and corporations alike — and there are *tons* of ways for you to join the Tech It Off movement! Check out our Tips for Teens section for the do's and don'ts of internet safety, and spread the word about our site to help others access the resources that we and our collaborative partners provide.

To bring Tech It Off into your home, check out the "Downloadables" in the Welcome to Our Hour section. Why not put a "Tech Free Zone" sign by the dinner table, or post one of our infographics up in the classroom? Share your experiences in the Share Your Stories section, or host your own "Tech It Off" Hour celebration! Our site is full of interactive tools to help you join the movement—take a look around and see all we have to offer!

What can parents do to educate their children?

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Why should I "Tech It Off"?

Is technology bad?

Absolutely not. We think contemporary technology is one of the most productive, efficient, and beneficial products of the modern world — we can't wait to see what's next! In fact, "Tech It Off" exists because we are so in awe of technology — we see a lot of potential in the online world, and we want to ensure that we interact with tech in the best way possible. Tech It Off isn't a call to end technology, but rather an effort to maximize technology to reach it's full potential.

What can parents do to educate their children?

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Why should I care if people are mean online?

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How do schools fit in?

We feel that schools and educators have the potential to be significant influencers in the effort to create a better tech world. In the "Models and Tips for Schools" section under Schools + Parents, you'll find suggestions about how to handle tech use in your school, directions on how to incorporate safe tech use into your curriculum, as well as an opportunity to share what's working for you — and have your input featured on our site!

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Why should I care if people are mean online?

What can parents do to educate their children?

Safe tech use, much like anything else, starts at home. Parental involvement is crucial in the effort to end online abuse and promote healthy technology engagement, and encourage parents to engage with local school officials in order to form a united front both at home and in the classroom. We think the best way to help our children as parents is to stay aware and communicate. Click around our site to get informed, then check out the Schools + Parents section for models and tips or to share any tips you may have!

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CYBERBULLYING + ABUSE

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TYPES OF ONLINE ABUSE

SHARE YOUR STORY

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OUR MOVEMENT, THEIR STORIES

LOG IT: REPORT ONLINE ABUSE

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TYPES OF ONLINE ABUSE

CYBERBULLYING + ABUSE

Over the past decade, cyberbullying has made headlines—a new avenue for humiliation and victimization in teens that can be executed completely behind the scenes, without uttering a word. But it's not just cyberbullying that's putting online teens at risk—in fact, there are a number of ways unsuspecting internet users are targeted online. Consider this your guide to cyberbullying, online abuse, and everything in between.

CYBERBULLYING

CYBERSTALKING

PRANKING

CYBERSEXTING

STRANGER DANGER

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CYBERBULLYING

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Cyberbullying is the practice of taking in-person taunting, teasing, humiliation, and harassment to digital mediums—this means cell phones, text messages, social media sites, email, phone apps—anything you can access through a phone, computer, or tablet or on the World Wide Web. There are a number of ways in which people can be victimized online. Check the list below so you can identify and address the different methods of cyberbullying.

Flaming: Fighting online—sending angry, vulgar, or just plain mean messages back and forth to one another in an online group or through a private message.

Harassment: Repeatedly sending nasty, mean, and insulting messages to someone online.

Denigration: Online slander—spreading gossip and rumors about someone through online posts or messages with the intention of damaging his or her reputation or ruining his or

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CYBERSTALKING

CYBERBULLYING

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Cyberstalking is the online transmission of repeated, intense harassment and denigration that includes threats or creates fear.

While this definition may sound very similar to some of the definitions listed in our Cyberbullying section, cyberstalking behavior is much more maleficent, and involves more thorough and obsessive behaviors.

Cyberstalking includes a particular obsession with the target—rathe than just torment their target, cyberstalkers wish to assert power over their target and force them into some sort of submission. Typically, cyberstalkers will observe their target through multiple mediums from multiple vantage points—a target's main page, for example, as well as pages they frequently comment on, their friends/family's pages, and on various accounts. They are focused, strategic, and manipulative.

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PRANKING

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Pranking is uploading content online that is intended to humiliate, shame, or demean the victim. This could include sharing an altered photograph, videos or photos that include someone being physically or verbally assaulted, or convincing someone into sharing embarrassing information (ref. 'Trickery') without their consent.

Some examples of pranking include the Happy Slapping epidemic that resulted in the death of an elderly London citizen back in 2010 or, more recently, "Swatting", in which a large group of police (or other authorities) are told to respond to an emergency in a location where nothing is actually happening.

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CYBERSEXTING

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Cybersexting is the sending or receiving of sexually explicit or suggestive images or videos online or through cell phones. It is especially important to note that the circulation or possession of sexually explicit photographs that feature minors (anyone under the age of 18) can be classified as child pornography in a United States federal court of law.

Sexual Solicitations: Requests to engage in sexual activities or sexual talk, give the person sexual information that was unwanted or, regardless of whether it was consensual or not, any sexual request or material made by an adult, sent to a minor.

Agressive Sexual Solicitations: Sexual solicitations that involve offline contact with solicitor.

Unwanted Exposure to Sexual Material: Being exposed to nude or pornographic imagery without seeking or expecting sexual material during an online session, while searching the

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STRANGER DANGER

TYPES OF ONLINE ABUSE

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CYBERSTALKING

PRANKING

CYBERSEXTING

Stranger Danger occurs when one interacts with anyone they've never met personally online. Remember when you were your and your parents taught you not to talk to strangers? The same rules apply online—especially when someone asks you for yours or another person's personal information.

When you share someone's personal information (phone numbers, addresses, school names, etc.) online without their consent and encourage offline contact, you're putting that person at serious risk. Not only are they now accessible to a potentially malicious stranger, but they have no way to preemptively protect themselves from this person. Sharing your own personal information is dangerous enough—you don't need to subject others to the consequences of your misdeeds.

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OUR MOVEMENT, THEIR STORIES

CYBERBULLYING + ABUSE

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Tech It Off is a global educational campaign that asks us to reevaluate how we engage with technology. The stories of Amanda Todd, Rebecca Sedwick, and Marcus Bielenberg ensure we never forget the importance of this movement.

AMANDA TODD

REBECCA SEDWICK

MARCUS BIELENBERG

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AMANDA TODD

OUR MOVEMENT, THEIR STORIES

REBECCA SEDWICK

MARCUS BIELENBERG

Amanda Todd, a fifteen-year-old girl from the Vancouver area was coerced into exposing herself when communicating with a stranger she'd met online. When she ceased communication with him, he continued to solicit her to "put on a show" for him, blackmailed her, and distributed risqué images of her to her peers and classmates online. She quickly became the target of bullies, both online and in person, and created a now viral video that told her story and begged for help before taking her own life on October 10, 2012. Her case covers cyberstalking, a number of cyberbullying methods, and sexual solicitation.

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REBECCA SEDWICK

OUR MOVEMENT, THEIR STORIES

AMANDA TODD

MARCUS BIELENBERG

Rebecca Sedwick was only twelve years old when she chose to take her own life after being repeatedly tormented via apps like Ask.fm and Kik. Her mother, who made a point of being very involved in the teen's online life and went through her cell phone regularly, was unaware of the various mediums through which her daughter could be harassed. Her classmates reportedly insulted the girl and urged her to kill herself through online messages, and one of her tormenters later stated on the Today Show that she feels she "did not do anything wrong". Sedgwick is one of the youngest victims in a long list of teens who have chosen to take their own life after relentless cyberbullying.

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MARCUS BIELENBERG

OUR MOVEMENT, THEIR STORIES

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Marcus Bielenberg, a seventeen-year-old from Portland, Oregon spoke up to say that cyberbullying was one of the main contributors in his suicide attempt in 2013. He was the victim of harassment, flaming, and impersonation—his peers made a fake Facebook profile with his photos and information, then posted cruel things about his close friends. When Bielenberg denied authorship, his friends wouldn't believe him. While it's difficult to attribute cyberbullying as a major cause of teen suicide in most cases, it's clear that Bielenberg's decision to take his own life was influenced by online abuse—it's straight from the horse's mouth.

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AMANDA TODD

REBECCA SEDWICK

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SHARE YOUR STORY

CYBERBULLYING + ABUSE

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SHARE YOUR STORY

SEE YOUR STORIES

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SHARE YOUR STORY

SHARE YOUR STORY

First Name (Optional):

Age:

Country:

State/Province:

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How have you or a friend, relative, or peer been affected by cyberbullying?

>

Your story needs to be shared safely.
Please do not disclose any last names or personal information that would allow others to identify you or the friend, relative, or peer you're writing about.

0/500

SUBMIT

Fonts/Sizing:

3.32

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Text box copy: Gotham, 14
Copy (center): Gotham Bold/18 pt.
Copy (overlay): Gotham/10 pt.

Links:

"X" (Upper Left Corner): Page 3.3
"<" (Far Left): Page 3.32
">" (Far Right): Page 3.32
Photo 13.2: Page 3.321

Etc.:

—Text box 6 = max 500 word count and must count up word count as user fills in box.

—All text boxes other than Text box 1 and Text box 4 must include characters for user to link through Photo 13.2

—"Type of story" box = drop menu, options specified in "website copy" document.

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TECH IT OFF

JOIN THE HOUR

X

SHARE YOUR STORY

SHARE YOUR STORY

0/500

√

To complete submission, you must click this box which indicates that you understand and agree that any information submitted maybe posted to the Tech It Off website excluding your name and hometown.

EDIT SUBMIT

Fonts/Sizing:

3.321

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Copy (center): Gotham/11 pt.

Links:

"X" (Upper Left Corner): Page 3.3
Photo 13.1: Page 3.32
Photo 13.2: Page 3.322

Etc.:

—Large white box must include text submitted to Text box 5 on previous page

—Small box left of green box is an interactive 'check box'—user cannot link through Photo 13.2 unless box is checked
—If user links through Photo 13.1, all text submitted on previous page must be recovered in appropriate text boxes

Fonts/Sizing:

3.322

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Copy (center): Gotham/26 pt.

Links:

"X" (Upper Left Corner): Page 3

Etc.:

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TECH IT OFF

JOIN THE HOUR

X

LOG IT: REPORT ONLINE ABUSE

CYBERBULLYING + ABUSE

Age:

Country:

State/Province:

Social media site or webpage/URL:

Upload screen-shot photo: -click to upload-

<

Please give a short description of what you observed.

>

0/500

SUBMIT

Fonts/Sizing:

3.4

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Text box copy: Gotham, 14
Copy (center): Gotham Bold/18 pt.
Copy (overlay): Gotham/10 pt.

Links:

"X" (Upper Left Corner): Page 3
"<" (Far Left): Page 3.3
">" (Far Right): Page 3.1
Photo 13.2: Page 3.41

Etc.:

—Text box 6 = max 500 word count and must count up word count as user fills in box.

—All text boxes other than Text box 3 must include characters for user to link through photo 13.2
—users must be able to upload jpeg file when they click Photo 13.3.

X

LOG IT: REPORT ONLINE ABUSE

CYBERBULLYING + ABUSE

Thank you for your report.

Fonts/Sizing:

3.41

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Copy (center): Gotham/26 pt.

Links:

"X" (Upper Left Corner): Page 3

Etc.:

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TECH IT OFF

JOIN THE HOUR

X

CYBERCRIME NEWS

WHAT IS CYBERCRIME?

LEARN FROM THEIR MISTAKES

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4

Fonts/Sizing:

Heading: RBNo2 Light/57 pt.
Captions (right): Gotham/16 pt.

Links:

Photo 4.1: Page 4.1
Photo 4.2: Page 4.2

“X” (Upper Left Corner): Page 0
“<“ (Far Left): Page 3
“>” (Far Right): Page 5

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TECH IT OFF

JOIN THE HOUR

X

CYBERCRIME NEWS

WHAT IS CYBERCRIME?

Cybercrime is the recognition of criminally illicit behaviors performed online as legitimate crimes—and deniability isn't so easy when your actions can be connected to your online profile or tracked to your IP address Just because no one can hear the words come out of your mouth or see you bullying someone doesn't mean you're invisible—the digital world is a lot less anonymous than you think.

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Fonts/Sizing:

4.1

Heading: RBNo2 Light/57 pt.
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Copy (right): Gotham/16 pt.

Links:

"X" (Upper Left Corner): Page 4
"<" (Far Left): Page 4.2
">" (Far Right): Page 4.2
—Links in text as defined in "website copy" document

Etc.:

TECH IT OFF

JOIN THE HOUR

X

CYBERCRIME NEWS

LEARN FROM THEIR MISTAKES

Think online abuse isn't a serious crime? Think again. For these teens, online abuse went from online to on trial. As you read these examples, think about it: five minutes of online fame vs. a lifetime criminal record—is that text message really worth it?

CYBERSTALKING CRIME

CYBERSEXTING CRIME

BULLYING VIA TEXT MESSAGE CRIME

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Fonts/Sizing:

4.2

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Copy (left): Gotham/16 pt.
Captions (right): Gotham/16 pt.

Links:

Photo 4.21: Page 4.21
Photo 4.22: Page 4.22
Photo 4.23: Page 4.23

"X" (Upper Left Corner): Page 4
"<" (Far Left): Page 4.1
">" (Far Right): Page 4.1

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TECH IT OFF

JOIN THE HOUR

X

LEARN FROM THEIR MISTAKES

CYBERSTALKING

BULLYING VIA TEXT MESSAGE CRIME

CYBERSEXTING CRIME

In 2011, two Seattle-area twelve-year-olds were charged with cyberstalking and first-degree computer trespassing after using a classmate's Facebook password to log onto her profile and post sexually explicit content, as well as instant message others from the girl's account to arrange sex acts. One of the accused ultimately received a suspended sentence, including 20 hours of community service and supervision for all computer list, as well as issuing a formal written apology to the girl she bullied. Though her punishment may seem light, this infraction will remain on her record—and had things not gone her way, both girls could have served up to 30 days in a juvenile detention center for the charges.

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4.21

Fonts/Sizing:

Heading: RBNo2 Light/57 pt.
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Captions (left): Gotham/16 pt.

Links:

Photo 4.22: Page 4.22
Photo 4.23: Page 4.23

"X" (Upper Left Corner): Page 4.2
"<" (Far Left): Page 4.23
">" (Far Right): Page 4.22
—Links in text as defined in "website copy" document

Etc.:

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TECH IT OFF

JOIN THE HOUR

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LEARN FROM THEIR MISTAKES

BULLYING VIA TEXT MESSAGE

CYBERSTALKING CRIME

CYBERSEXTING CRIME

In St. Petersburg, Florida, a fifteen-year-old girl was charged with three counts of aggravated stalking and one count of tampering with a witness after she was found to have sent several hundred threatening text messages to three of her peers, with many of the texts being death threats. After she was first interviewed and asked to stop communicating with her three victims, she continued to threaten them via text message. The medium clearly does not matter—once it's typed and sent out to the world, these sorts of threatening behaviors are no longer questionable. The common issues of hearsay and deniability that relieved bullies of deniability in the past are just that—a thing of the past. The stakes are higher, and the consequences are real.

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Fonts/Sizing:

4.22

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
Copy (right): Gotham/16 pt.
Captions (left): Gotham/16 pt.

Links:

Photo 4.21: Page 4.21
Photo 4.23: Page 4.23

"X" (Upper Left Corner): Page 4.2
"<" (Far Left): Page 4.21
">" (Far Right): Page 4.23
—Links in text as defined in "website copy" document

Etc.:

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LEARN FROM THEIR MISTAKES

CYBERSEXTING

CYBERSTALKING CRIME

CYBERSEXTING CRIME

Two teenage boys were found guilty in Fairfax County, Virginia on felony charges in 2013 when it was found that they had produced and shared videos of themselves performing drunken sexual acts with teenage girls on their cellphones. The original charges—child pornography charges—were lessened to "unlawfully producing videos of non-consensual minors". Lucky for them, because what most teens don't realize is that when they produce and distribute nude photos of themselves and one another they are, by definition, producing and distributing child pornography—and when you're found guilty of child pornography charges, you risk being classified as a *sex offender*—and having to share that information with your neighbors, you school district, even the parents of your future children's playmates. The consequences of sexting

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4.23

Fonts/Sizing:

Heading: RBNo2 Light/57 pt.
Copy (top right): RBNo2 Light/25 pt.
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Captions (left): Gotham/16 pt.

Links:

Photo 4.21: Page 4.21
Photo 4.22: Page 4.22
"X" (Upper Left Corner): Page 4.2
"<" (Far Left): Page 4.22
">" (Far Right): Page 4.21
—Links in text as defined in "website copy" document

Etc.:

Copy on right must scroll—scrolling only effects positioning of copy on right, everything else stays in place.

5

Fonts/Sizing:

Captions: RBNo2 Light/45 pt.

Links:

Photo 5.1: Page 5.1
Photo 5.2: Page 5.2
Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6

"X" (Upper Left Corner): Page 0
"<" (Far Left): Page 4
">" (Far Right): Page 6

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TECH IT OFF

JOIN THE HOUR

X

JOIN

GAMES

DOWNLOADABLE

VIDEO

CAUSES

QUIZZES

CLICK TO JOIN THE HOUR!

Name:

Email:

Country:

State/Province:

Why do you Tech It Off? (optional)

0/500

SUBMIT

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5.1

Fonts/Sizing:

Heading: RBNo2 Light/57 pt.
Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Text box copy: Gotham, 14
Copy (center): Gotham Bold/18 pt.

Links:

Photo 5.2: Page 5.2
Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6

"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.6
">" (Far Right): Page 5.2
Photo 13.2: Page 5.11

Etc.:

—Text box 5= max 500 word count and must count up word count as user fills in box.

—All text boxes other than Text box 4 must include characters for user to link through photo 13.2

Fonts/Sizing:

5.12

Heading: RBNo2 Light/57 pt.
Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Text box copy: Gotham, 14
Copy (center): Gotham/26 pt.

Links:

Photo 5.1: Page 5.1
Photo 5.2: Page 5.2
Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6

"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.6
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Etc.:

TECH IT OFF

JOIN THE HOUR

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GAMES

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JOIN

The Phone Stacking Game has become a global phenomenon over the past few years—it's simple, but fun! The rules are as follows:

1. At the beginning of the meal, everyone puts their phones face down in the middle of the table.
2. No one is allowed to pick up their phone during the meal.
3. The first person to look at their phone during the meal loses—and has to pay for everyone's dinner.
4. If no one gives in, everyone pays for themselves.
5. The game is over when the bill comes.

In fact, we like the phone stacking game so much that we've decided to come up with some fun activities ourselves that can help you Tech It Off or just use engage with technology in a better way!

THE POWER DOWN CHALLENGE

TECH IT FORWARD

TECH TALK

THE WIKIPEDIA GAME

THE BAND NAME GAME

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Fonts/Sizing:

5.2

Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
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Links:

Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.22: Page 5.21
Photo 5.23: Page 5.22
Photo 5.24: Page 5.23
Photo 5.25: Page 5.24
Photo 5.26: Page 5.25
"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.1
">" (Far Right): Page 5.3

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GAMES

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QUIZZES

JOIN

<

THE POWER DOWN CHALLENGE

You've heard of the "quiet game", sure, but what about the "power down challenge"? See who can go the longest without checking into social media on their mobile phone, computer, or tablet, or without checking for new text messages. Whoever caves first has to take on a dare from the winners! #powerdownchallenge

THE POWER DOWN CHALLENGE

TECH IT FORWARD

TECH TALK

THE WIKIPEDIA GAME

THE BAND NAME GAME

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Fonts/Sizing:

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Captions (small): RBNo2 Light/15 pt.
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Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.22: Page 5.21
Photo 5.23: Page 5.22
Photo 5.24: Page 5.23
Photo 5.25: Page 5.24
Photo 5.26: Page 5.25
"X" (Upper Left Corner): Page 5.2
"<" (Far Left): Page 5.25
">" (Far Right): Page 5.22

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TECH IT OFF

JOIN THE HOUR

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QUIZZES

JOIN

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TECH IT FORWARD

Post a kind or uplifting comment to a classmate's profile with the hashtag #techitforwardgame. Once they receive your comment, they must post a positive comment to another friend's profile! Keep the cycle of positivity going, and check out the #techitforwardgame to see how many profiles your initiative has reached.

THE POWER DOWN CHALLENGE

TECH IT FORWARD

TECH TALK

THE WIKIPEDIA GAME

THE BAND NAME GAME

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Fonts/Sizing:

5.22

Heading: RBNo2 Light/57 pt.
Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
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Links:

Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.22: Page 5.21
Photo 5.23: Page 5.22
Photo 5.24: Page 5.23
Photo 5.25: Page 5.24
Photo 5.26: Page 5.25
"X" (Upper Left Corner): Page 5.2
"<" (Far Left): Page 5.21
">" (Far Right): Page 5.23

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THE POWER DOWN CHALLENGE

TECH IT FORWARD

TECH TALK

THE WIKIPEDIA GAME

THE BAND NAME GAME

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TECH TALK

How many acronyms do we use when we text? LOL, BRB, SMH, JK—acronyms are everywhere. See how long you and your friends can talk only speaking in acronyms. For example:

Player 1: WU? (What's up)
Player 2: NM HBU? (Not Much, How About You?)
Player 1: IDK, IGCTICT (I Don't Know, I Got Caught Texting In Class Today)

Whoever can't understand the other person starts the next round!

Fonts/Sizing:

5.23

Heading: RBNo2 Light/57 pt.
Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Copy (center): Gotham/16 pt.

Links:

Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.22: Page 5.21
Photo 5.23: Page 5.22
Photo 5.24: Page 5.23
Photo 5.25: Page 5.24
Photo 5.26: Page 5.25
"X" (Upper Left Corner): Page 5.2
"<" (Far Left): Page 5.22
">" (Far Right): Page 5.24

Etc.:

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GAMES

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JOIN

<

THE WIKIPEDIA GAME

To play this game, you'll need to come up with a first and last topic—for example, your first topic could be Ariana Grande and your last topic, Colonial Williamsburg. Now, go to Wikipedia.org and type in "Ariana Grande"—now find a way to navigate from her page, your first page, to Colonial Williamsburg, your last page, only by clicking the links in the Wikipedia pages. Whoever gets to their last page first wins!

THE POWER DOWN CHALLENGE

TECH IT FORWARD

TECH TALK

THE WIKIPEDIA GAME

THE BAND NAME GAME

>

Fonts/Sizing:

5.24

Heading: RBNo2 Light/57 pt.
Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Copy (center): Gotham/16 pt.

Links:

Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.22: Page 5.21
Photo 5.23: Page 5.22
Photo 5.24: Page 5.23
Photo 5.25: Page 5.24
Photo 5.26: Page 5.25
"X" (Upper Left Corner): Page 5.2
"<" (Far Left): Page 5.23
">" (Far Right): Page 5.25

Etc.:

TECH IT OFF

JOIN THE HOUR

X

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JOIN

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THE POWER DOWN CHALLENGE

TECH IT FORWARD

TECH TALK

THE WIKIPEDIA GAME

THE BAND NAME GAME

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THE BAND NAME GAME

You love listening to music on your smart phone—now let's put your rock-star knowledge to the test. The first player starts with a band, say they choose "The Pixies", then the next player must identify a band that starts with the last letter of the previous players band, so, for example "Slayer". For bands that have multiple words, like "Rage Against The Machine", the next player's band would start with the first letter of the last word, so they could say "Muse". No Google allowed!

Fonts/Sizing:

5.25

Heading: RBNo2 Light/57 pt.
Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Copy (center): Gotham/16 pt.

Links:

Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.22: Page 5.21
Photo 5.23: Page 5.22
Photo 5.24: Page 5.23
Photo 5.25: Page 5.24
Photo 5.26: Page 5.25
"X" (Upper Left Corner): Page 5.2
"<" (Far Left): Page 5.24
">" (Far Right): Page 5.21

Etc.:

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QUIZZES

JOIN

GAMES

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Downloadable infographics, signs, and flyers coming soon!

>

Fonts/Sizing:

5.3

Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Copy (center): Gotham/16 pt.

Links:

Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.2: Page 5.2

"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.2
">" (Far Right): Page 5.4

Etc.:

We must be able to upload text and upload and sort PDF files to this page that users can then click and download from site.

Fonts/Sizing:

5.4

Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.

Links:

Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.2: Page 5.2
Photo 5.3: Page 5.3

"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.3
">" (Far Right): Page 5.5

Etc.:

We must be able to upload video to this page that users can then stream live from our site.

Fonts/Sizing:

5.5

Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
"More>" (bottom right): Gotham/14 pt.

Links:

Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.51: Page 5.501
Photo 5.52: Page 5.502
Photo 5.53: Page 5.503
Photo 5.54: Page 5.504
Photo 5.55: Page 5.505
Photo 5.56: Page 5.506
Photo 5.57: Page 5.507
Photo 5.58: Page 5.508
Photo 5.59: Page 5.509
Photo 5.511: Page 5.511
"More>": Page 5.51

"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.4
">" (Far Right): Page 5.6

Etc.:

Fonts/Sizing:

5.51

Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
"<Back" (bottom right): Gotham/14 pt.

Links:

Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
Photo 5.2: Page 5.2
Photo 5.3: Page 5.3
Photo 5.4: Page 5.4
Photo 5.512: Page 5.512
Photo 5.513: Page 5.513
Photo 5.514: Page 5.514
"<Back": Page 5.5

"X" (Upper Left Corner): Page 5
"<" (Far Left): Page 5.4
">" (Far Right): Page 5.6

Etc.:

We must be able to upload photos to this page in the same grid look that page 5.5 and page 5.51 have

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TECH IT OFF

JOIN THE HOUR

X

CAUSES

QUIZZES

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VIDEO

Mission: To share the personal and public consequences of technology with youth and encourage a responsible tech community.

Background: “Digital Responsibility” was founded by a group of tech employees in Silicon Valley. Their site is an excellent resource for information how technology affects out world, including facts on texting while driving, online privacy, environmental and societal impacts, and the psychology-technology connection. To access their extensive resources, click here.

Fonts/Sizing:

Caption (right of photo): RBNo2 Light/50 pt.
Captions (small): RBNo2 Light/15 pt.
Copy (center): Gotham/16 pt.

5.501

Links:

—Links in text as defined in “website copy” document

Photo 5.5: Page 5.5
Photo 5.6: Page 5.6
Photo 5.1: Page 5.1
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Mission: To end the use of negative slang as it relates to the LGBT (Lesbian, Gay, Bisexual, or Transgender) community.

Background: Homophobic remarks and harassment are so commonplace in teen vernacular—phrases like “that’s so gay” and slurs used to reference the LGBT community—that a lot of people don’t realize just how hurtful and isolating their words can be. ThinkB4YouSpeak was born to do just that—encourage teens to think about what they’re saying before they say it. Click here to see how you can get involved in their movement, sign their pledge, and more!

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NATIONAL HEALTHY SLEEP AWARENESS PROJECT

Mission: "To increase public awareness of the importance of healthy sleep."

Background: The project began in 2013 as a collaboration between the Center for Disease Control and the American Academy of Sleep Medicine. Since then, they have worked to increase awareness, educate the public, and provide resources for those with inadequate sleep. To learn more about the project, click here.

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STOMP Out Bullying™

Mission: To end bullying in person and online.

Background: STOMP Out Bullying is the most prevalent national bullying and cyberbullying prevention group in the U.S. They focus on educating and preventing digital abuse, discrimination, school absenteeism, and deterring violence in the teen community. Their organization has amassed great success, gaining celebrity endorsements and spreading the word with their Blue Shirt Day, World Day of Bullying Prevention. To learn more about everything they're doing to stop out bullying, click here

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Mission: To educate people on the consequences of smartphone addiction.

Background: Moodoff Day is a global campaign that works to rebuild face-to-face connections between friends, family, and peers in the wake of our smartphone-obsessed society. On the last Sunday of February each year, they encourage people to turn off their smartphones for five full hours in order to reengage with the physical world and fight smartphone dependency. Learn more about their movement, and their Moodoff Day, here

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IT'S OK. CAMPAIGN

Mission: To remove the stigma around youth mental illness and create a community where teens are comfortable sharing and discussing their experiences.

Background: The "It's OK." Campaign is a U.K.-based movement, created by a young girl named May Gabriel who struggled with clinical depression throughout her adolescence and saw a need for change. To learn more about the campaign, click here.

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headspace

Mission: To promote understanding and provide resources for youth dealing with mental illness.

Background: Headspace was founded by the National Youth and Mental Health Foundation in Australia, and has succeeded by promoting their mission through a combination of youtube videos, online resources, and in-person help centers in an effort to reach out to the youth community and assure them that they are not alone. Check out the rest of their site here.

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LIVE EQUAL II LET LIVE

the tyler clementi foundation

Mission: To promote safe, inclusive and respectful social environments at home, on school campuses, in churches, and online for vulnerable and LGBT youth and their allies.

Background: The Tyler Clementi Foundation was founded in honor of Tyler Clementi, a college student who took his own life after being outed online by his roommate and subsequently ridiculed for his sexual preference. As a result, the foundation is dedicated to ensuring that no one has to undergo the same torment Tyler Clementi went through, and encourage safe, supportive environments for all. To learn more, donate, or pledge to join their cause, click here.

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Megan Meier FOUNDATION

Mission: To bring awareness, educate, and promote positive change regarding bullying and cyberbullying to parents, children, and educators.

Background: The Megan Meier Foundation was founded by Megan's mother, Tina Meier, in December of 2007—the same year Megan took her own life after being tricked, teased, and harassed online. Her story brought national awareness to the issue of cyberbullying, and to this day, her name stands as a symbol for instating positive change in the ways we interact with one another, both on and offline. To learn more about their work, click here.

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Mission: To encourage awareness around youth mental health and bullying, and encourage people to reach out to one another and provide support to those in need.

Background: The Amanda Todd Legacy Society was founded in remembrance of the teen's untimely death in October of 2012. In an effort to carry out Amanda's dream of helping kids, the organization, in conjunction with the Vancouver Foundation, has formed two funds to support anti-bullying education, help youths struggling with mental illness, and support educational programs geared towards supporting students with learning disabilities. To learn more about the organization or to donate, click here.

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stopbullying.gov

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Mission: "[To] provide information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to cyberbullying."

Background: StopBullying.gov is a collaborative, interagency effort that is led by the Department of Education and coordinates bullying policy, research, and communications. Their site is full of resources on how to identify and respond to bullying situations, both on and offline, as well as up-to-date state-by-state legislation regarding bullying and cyberbullying situations. Access their information here

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Mission: To reevaluate the ways in which we, as a society, measure success.

Background: Arianna Huffington, President and Editor-In-Chief of the Huffington Post wrote her book, Thrive, when she suffered several injuries after falling from exhaustion. Her book is a call to reconsider the ways in which we measure success—sacrificing personal relationships, family life, and personal health for money and power. “In being connected to the world 24/7,” she writes, “we’re losing our connection to what truly matters.”

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UNITED STATES HOLOCAUST MEMORIAL MUSEUM

THE POWER OF TRUTH

Mission: To provide documentation, study, and interpretation and serve as a memorial for the six million Jews who were systematically and bureaucratically persecuted and murdered by the Nazi Regime and its collaborators. The Museum also aims to encourage visitors to "reflect upon the moral and spiritual questions raised by the events of the Holocaust as well as their own responsibilities as citizens of a democracy."

Background: The United States Holocaust Museum was opened to the public in April of 1993, and has since worked with religious and community leaders to amplify their voices regarding acts of hatred against their communities. In 1995, the Committee on Conscience was founded to "work to halt acts of genocide or related crimes against humanity."

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TECH IT OFF

JOIN THE HOUR

TIPS

Sample Article

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TECH IT OFF

JOIN THE HOUR

PREPARING FOR THE HOUR

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TECH IT OFF

JOIN THE HOUR

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POPULAR ARTICLES

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TECH IT OFF

JOIN THE HOUR

ASK TECH IT OFF

Having trouble convincing your friends to play nice online? Need advice on how to deal with your tech-obsessed teen? Have an issue you'd like to call us out on? Ask Tech It Off and check our "Ask Tech It Off" section for responses and advice.

(type your question here)

0/300

Submit

SAMPLE QUESTION

SAMPLE QUESTION

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TECH IT OFF

JOIN THE HOUR

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TECH IT OFF

JOIN THE HOUR

X

SCHOOLS + PARENTS

With technology invading both the classroom and the bedroom, it is clear that both parents and educators need to take action and form a united front against irresponsible tech use. These are your kids and teens—don't you want to keep them safe and healthy?

MODELS + TIPS FOR SCHOOLS

JOIN OUR E-MAIL LIST

MODELS + TIPS FOR PARENTS

SHARE WHAT WORKS

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TECH IT OFF

JOIN THE HOUR

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MODELS + TIPS FOR SCHOOLS

SCHOOLS + PARENTS

Addressing cyberbullying as a school official can be difficult—where do your rights begin and end? Check out these tips for our suggestions on how to get involved as an educator, administrator, mediator or school psychiatrist.

TALK ABOUT IT

TECH USE IN SCHOOL

DISCUSS IN THE CLASSROOM

"TECH HEALTH" CURRICULUM

PARENT-SCHOOL COMMUNICATION

ESTABLISH A TECH POLICY

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TALK ABOUT IT

MODELS + TIPS FOR SCHOOLS

"TECH HEALTH" CURRICULUM

ESTABLISH A TECH POLICY

TECH USE IN SCHOOL

PARENT-SCHOOL COMMUNICATION

DISCUSS IN THE CLASSROOM

Talk about it before it happens — And this can mean both students and parents. Host in-school assemblies educating children about which types of online behaviors are not permissible and *why* in order to address cyberbullying before it happens. Some schools use a peer-to-peer method, asking older students to tour classrooms of their younger peers and explain why cyberbullying and online abuse are not okay. Similarly, host open discussions with parents to discuss how the lessons taught in Internet safety assemblies can be reinforced at home—forming a united front is important when tackling cyberbullying.

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"TECH HEALTH" CURRICULUM

MODELS + TIPS FOR SCHOOLS

Incorporate "Tech Health" into your Health Curriculum — Recent research has shown that technology has serious impacts on brain functioning and mental health, and considering it's prevalence among our digitally native youth, it's important that they understand the ramifications of obsessive technology use. You incorporate drug use and food nutrition into health class—time to update your lesson plans and bring technology into the discussion.

Police officers can also help affirm important lessons about cybercrime and tech use—and can encourage teens to take their online actions seriously. Work with your local officials to provide insight to your curriculum and to schedule guest lecturers.

TALK ABOUT IT

ESTABLISH A TECH POLICY

TECH USE IN SCHOOL

PARENT-SCHOOL COMMUNICATION

DISCUSS IN THE CLASSROOM

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TECH IT OFF

JOIN THE HOUR

X

ESTABLISH A TECH POLICY

MODELS + TIPS FOR SCHOOLS

TALK ABOUT IT

"TECH HEALTH" CURRICULUM

TECH USE IN SCHOOL

PARENT-SCHOOL COMMUNICATION

DISCUSS IN THE CLASSROOM

Establish a "Tech Policy" — Work collaboratively with students and parents to come up with a "code of online conduct" that students can sign at the beginning of the academic year. This document can map out moral and immoral internet behavior, and encourage students to hold themselves accountable for their actions.

Download

Click here to download a free "Code of Online Conduct" template

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TECH USE IN SCHOOL

MODELS + TIPS FOR SCHOOLS

TALK ABOUT IT

"TECH HEALTH" CURRICULUM

ESTABLISH A TECH POLICY

PARENT-SCHOOL COMMUNICATION

DISCUSS IN THE CLASSROOM

Set rules about Tech use in school — Set clear rules around how students can engage with their technologies in school: no cell phones during school hours, no laptop computers from home, and screening school emails for offensive language are some examples of rules you could instate, with clear punishments for each offense—a detention, call home to parents—whatever is appropriate and effective.

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TECH IT OFF

JOIN THE HOUR

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PARENT-SCHOOL COMMUNICATION

MODELS + TIPS FOR SCHOOLS

Be clear with parents about your tech policies — The most pressing concern affecting school authority in cyber abuse situations is the fear that an administrator's choice of consequence will be poorly received by the student's parents. One school district in Beverly Hills was sued when school officials suspended a student for posting an embarrassing video of a classmate to YouTube, and lost the case due to the fact that the video was posted off school grounds. Open communication with parents about school policies is key in order to avoid overstepping boundaries—and paying the consequences.

TALK ABOUT IT

"TECH HEALTH" CURRICULUM

ESTABLISH A TECH POLICY

TECH USE IN SCHOOL

DISCUSS IN THE CLASSROOM

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TECH IT OFF

JOIN THE HOUR

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DISCUSS IN THE CLASSROOM

MODELS + TIPS FOR SCHOOLS

Bring the Discussion into the Classroom — At the Facing History School in New York City, cyberbullying isn't much of an issue. Students participate in group sessions that address the importance of empathy, providing a platform for students to express their own concerns *and teach one another* about the importance of responsible behavior. This is a great way to introduce the conversation and give students room to come to some conclusions on their own, rather than spoon-feeding them instructions on how to behave without garnering any real understanding of why the students should compose themselves that way.

TALK ABOUT IT

"TECH HEALTH" CURRICULUM

ESTABLISH A TECH POLICY

TECH USE IN SCHOOL

PARENT-SCHOOL COMMUNICATION

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TECH IT OFF

JOIN THE HOUR

X

MODELS + TIPS FOR PARENTS

SCHOOLS + PARENTS

Raising a child is hard enough, and technology surely doesn't make things easier. We've compiled a series of tips that can help you and your teen reach an understanding about what is and isn't appropriate online behavior, and strike a balance regarding their tech use and your parental authority.

TALK IT OUT

JOIN THEM

KEEP UP WITH APPS

TECH CHECK

JUST SAY NO

SET BOUNDARIES

REPORT IT

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TECH IT OFF

JOIN THE HOUR

X

TALK IT OUT

MODELS + TIPS FOR PARENTS

KEEP UP WITH APPS

SET BOUNDARIES

JOIN THEM

TECH CHECK

REPORT IT

JUST SAY NO

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Talk About it Before it Happens — Have an open and frank discussion about online safety and what is and isn't okay *before* you hand them the smart phone or give them access to the computer. Some children's sites, like Club Penguin or NeoPets, are more social than you think—which makes your kids at-risk of coming into contact with online predators and inappropriate content. Educating them early on what not to share, who not to talk to, and how not to behave **and *why*** is crucial to a safe and secure online lifestyle.

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KEEP UP WITH APPS

MODELS + TIPS FOR PARENTS

Keep track of what apps and websites your teen is using — Keep a record of what sites your teen is active on, as well as an up-to-date list of usernames and passwords. New apps appear all the time—it's important to stay up-to-date and in-the-know about what sites your teen may be engaging with.

TALK IT OUT

SET BOUNDARIES

JOIN THEM

TECH CHECK

REPORT IT

JUST SAY NO

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TECH IT OFF

JOIN THE HOUR

X

SET BOUNDARIES

MODELS + TIPS FOR PARENTS

TALK IT OUT

KEEP UP WITH APPS

JOIN THEM

TECH CHECK

REPORT IT

JUST SAY NO

Set boundaries — Tired of seeing your kids glued to their cell phones during homework time or before lights out? Institute a "technology timetable"—after 6, phones and computers need to be turned off and traded in for books or outdoor activities. Or designate a "tech bucket," where all phones must be turned into as soon as your kids return home from school. Keep track of how much time your teens are logging on their technology, and cut down any extraneous use—and make sure you follow your own rules, too!

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TECH IT OFF

JOIN THE HOUR

X

JOIN THEM

MODELS + TIPS FOR PARENTS

TALK IT OUT

KEEP UP WITH APPS

SET BOUNDARIES

TECH CHECK

REPORT IT

JUST SAY NO

Join them — Get an online profile of your own—Facebook, Instagram, Twitter, whatever your children are using—and make it a rule that if your kids are going to use social media, they have to connect with you. This way, they won't post any content they wouldn't want you seeing—and you'll be the first to know if they do.

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TECH IT OFF

JOIN THE HOUR

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TECH CHECK

MODELS + TIPS FOR PARENTS

TALK IT OUT

KEEP UP WITH APPS

SET BOUNDARIES

JOIN THEM

REPORT IT

JUST SAY NO

Have a weekly tech check — Once a week, take the time to sit down with your teen to review their social media and cellular activity: go through their text message history and/or online profiles with them, and take use this as an opportunity to explain any red flags that may appear to you on their page. This will give both you and your child a chance to discuss what it means to have an online identity without either of you immediately going into hysterics.

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REPORT IT

MODELS + TIPS FOR PARENTS

Report it — Most social networking sites have simple and anonymous reporting systems for instances of abuse and cyberbullying. Go through these systems with your children and teach them how to utilize them. Explain how important it is to be a part of the solution rather than a participant, enabler, or bystander to the problem.

TALK IT OUT

KEEP UP WITH APPS

SET BOUNDARIES

JOIN THEM

TECH CHECK

JUST SAY NO

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TECH IT OFF

JOIN THE HOUR

X

JUST SAY NO

MODELS + TIPS FOR PARENTS

Just say no — You are, after all, their parent—and if you see social media as more harm than good, it is completely within your right to ban social media altogether. Have a talk with your teen to clearly express your decision and give them an opportunity to explain their perspective on it. Check with your service provider about blocking specific sites from your home computer, and be sure to habitually check their computer's Internet history to make sure your teens are abiding to your rules.

TALK IT OUT

KEEP UP WITH APPS

SET BOUNDARIES

JOIN THEM

TECH CHECK

JUST SAY NO

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TECH IT OFF

JOIN THE HOUR

X

JOIN OUR EMAIL LIST

SCHOOLS + PARENTS

Join our e-mail list to receive monthly reports on global online abuses logged to our site, updates on new apps, technologies, and social media that your teen may be plugging into, as well as tips, tricks, and models for dealing with cyberbullying in school and at home.

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SHARE TIPS

YOUR TIPS

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TECH IT OFF

JOIN THE HOUR

X

SHARE TIPS

TIPS FOR EDUCATORS + PARENTS

What's working for you? Share your insights as a parent, educator, or both! We want to hear what you have to say to better improve our tips, and share your successes (or failures) with the Tech It Off community. Contributions may be kept anonymous if requested (please type "Anonymous" or a variation into the "Name" section of the form).

Name:

State/Province:

Country:

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SUBMIT

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Photo 13.2: Page 7.411

Etc.:

—Text box 4 = max 500 word count and must count up word count as user fills in box.

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TECH IT OFF

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SHARE TIPS

TIPS FOR EDUCATORS + PARENTS

0/500

√ click

To complete submission, you must click this box which indicates that you understand and agree that any information submitted may be posted to the Tech It Off website excluding your name.

EDIT SUBMIT

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Photo 13.2: Page 7.412

Etc.:

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—If user links through Photo 13.1, all text submitted on previous page must be recovered in appropriate text boxes

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YOUR TIPS

TIPS FOR EDUCATORS + PARENTS

Content to be added with submissions

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TECH IT OFF

JOIN THE HOUR

X

CONTACT US

We want to hear your input—if you have a comment, question, or concern that does not match the criteria of any of our other submission sections, please let us know here:

Name:

E-mail:

What's on your mind?

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SUBMIT

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8

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Etc.:

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—All text boxes must include characters for user to link through photo 13.2

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CONTACT US

CONTACT US

Thank you for your input! We will respond to your message in the order in which it was received.

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Etc.:

9

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TECH IT OFF

JOIN THE HOUR

X

PARTNER WITH US

CORPORATE PARTNERS

First Name:

Last Name:

Title:

Company:

Website:

E-mail address:

Address (Line 1):

Address (Line 2):

City:

State/Province:

Country:

Zip Code:

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Description of your company

0/500

SUBMIT

9.1

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PARTNER WITH US

CORPORATE PARTNERS

Thank you for your submission!
We will contact you for further discussion.

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CORPORATE PARTNERS

CORPORATE PARTNERS

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TECH IT OFF

JOIN THE HOUR

X

TIPS FOR TEENS

Sometimes it can be hard to determine what's harmful content and what's just harmless fun—a goofy picture of you and your friends in costumes? A-okay. A silly picture of your ex-boyfriend in his underwear? Definitely not. Use these tips to ensure that your tech use is good for you and your peers.

TIPS FOR USING TECH RESPONSIBLY

THE YES AND NO NO'S OF ONLINE BEHAVIOR

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TECH IT OFF

JOIN THE HOUR

X

TIPS FOR USING TECH RESPONSIBLY

TIPS FOR TEENS

It's difficult to know whether or not every move you make online is safe or unsafe—we spend a lot of time there, and it's not like there's some grand checklist particular to every situation you're going to face. If you're unsure about the content you're posting or who you're connecting with, these tips can help guide you to the perfect solution.

WATCH WHAT YOU POST

CHECK YOUR CONNECTS

ONCE IT'S THERE, IT'S THERE

IT"S OK TO TAKE A TECH BREAK

BE A PART OF THE SOLUTION

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TECH IT OFF

JOIN THE HOUR

X

WATCH WHAT YOU POST

TIPS FOR USING TECH RESPONSIBLY

If you're too embarrassed to tell your mom about it, what makes you think you want the whole world knowing? Keep the confessionals, crude language, and inappropriate pictures out of your social media and online identities—trade them out for positive announcements, well-worded updates, and cute pictures of you and your friends.

CHECK YOUR CONNECTS

ONCE IT'S THERE, IT'S THERE

IT"S OK TO TAKE A TECH BREAK

BE A PART OF THE SOLUTION

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TECH IT OFF

JOIN THE HOUR

X

CHECK YOUR CONNECTS

TIPS FOR USING TECH RESPONSIBLY

WATCH WHAT YOU POST

ONCE IT'S THERE, IT'S THERE

IT"S OK TO TAKE A TECH BREAK

BE A PART OF THE SOLUTION

You've heard of stranger danger, right? Well, it's just as prevalent online as it is in person—if you don't know them and they aren't a friend of your parents, there's a good chance that this is not someone you want to meet. People can post whatever they want to online profiles—there's no one cross-checking every piece of information that goes through. So that cute guy or girl from two towns over who you've "never met" but "thinks you're like, really really cute" could be that weird guy down the street who lives in his friend's basement.

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TECH IT OFF

JOIN THE HOUR

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ONCE IT'S THERE, IT'S THERE

TIPS FOR USING TECH RESPONSIBLY

WATCH WHAT YOU POST

CHECK YOUR CONTACTS

IT"S OK TO TAKE A TECH BREAK

BE A PART OF THE SOLUTION

No matter how many times you edit, undo, or delete content, it's still there. Turns out, the digital world is a pretty permanent place—remember what happened with Snapchat? So before you post that selfie, slur, or passive-aggressive comment about your indecisive boss, take a second to think—will I still want this here in five years? Five weeks? Five *minutes*? Because once it's up, it's up forever.

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TECH IT OFF

JOIN THE HOUR

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IT'S OK TO TAKE A TECH BREAK

TIPS FOR USING TECH RESPONSIBLY

WATCH WHAT YOU POST

CHECK YOUR CONTACTS

ONCE IT'S THERE, IT'S THERE

BE A PART OF THE SOLUTION

Technology is great. We think so, you think so—no one's trying to tell you to stop using your tech toys. But there are times (read: 2 am the night before a big test) when it might be wiser to power down, even just for a little while. When you're sleeping, for example, or taking a shower, or learning the quadratic equation, or sitting down to dinner with your friends or family. You take a break during sports practice to refuel and give your body a rest; take a break from tech to give your eyes, ears and mind a minute to recover.

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JOIN THE HOUR

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BE A PART OF THE SOLUTION

TIPS FOR USING TECH RESPONSIBLY

WATCH WHAT YOU POST

CHECK YOUR CONTACTS

ONCE IT'S THERE, IT'S THERE

IT'S OK TO TAKE A TECH BREAK

Look, these tips aren't just a bunch of stupid rules to tack on to everything else your parents tell you not to do—actually, these are the kinds of behaviors that an incredibly savvy, smart teen would have. And you're smart, too—but we all slip up once in a while; that's what growing up is all about. So if you see a friend posting inappropriate content or exhibiting dangerous behavior online, start the conversation: it could begin anywhere from a "hey, I'm worried..." to a "what are you doing!?" If you're worried, talk to a parent or guardian, school counselor, or mutual friend about how to approach the subject. And if all else fails, send them to our site! It's what we're here for.

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THE YES AND NO NO'S OF ONLINE BEHAVIOR

TIPS FOR TEENS

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Click here to see exclusive tips from the Yes and No No Girls.

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TECH IT OFF

JOIN THE HOUR

X ABOUT YES AND NO NO GIRLS

Hey! Good to see ya. We're the yes and no, no girls and we're here to give you a few pointers about online etiquette. Whether you're a teen who can't stop tweeting, a teacher who just loves Instagram, or a parent who still doesn't really get the whole "Facebook" thing, we're ready to help you thrive online.

Next Page>

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TECH IT OFF

JOIN THE HOUR

X ABOUT YES AND NO NO GIRLS

This free book is loaded with all the facts—given to you with wit and humor (it's the only way we know how to do it)! That being said, it isn't our intention to be offensive—just to present you with tried and true tips in a way that is interesting and fun! We encourage you to share these tips with your students, friends, peers, children, parents, brothers, sisters, dogs, cats, and everyone in between. so kick back, relax, and let us do our thing.

<Previous Page

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TECH IT OFF

JOIN THE HOUR

X MEET THE YES AND NO NO GIRLS

They're three smart, stylish, street-savvy women who know just what it takes to get ahead. Their etiquette tips are sprinkled with humor and wit that will keep you laughing while also teaching you a thing or two about how to behave.

SHLEE

GOLDIE

YUMI

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11.2

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X MEET THE YES AND NO NO GIRLS

They're three smart, stylish, street-savvy women who know just what it takes to get ahead. Their etiquette tips are sprinkled with humor and wit that will keep you laughing while also teaching you a thing or two about how to behave.

SHLEE

NAME: ASHLEY (AKA SHLEE)
AGE: 26
SIGN: VIRGO
TECH HABITS: ADDICTED TO HER FITBIT, INSTAFAMOUS, YOUTUBE SENSATION.
LIKES: THE BEACH, SURFING, HIKING, FRENCH FRIES, DOGS, SAVING THE PLANET.
DISLIKES: LAZINESS, RAINY DAYS, GUYS THAT SLEEP WITH THEIR PHONES (ESPECIALLY WHEN SHE'S THE ONE SLEEPING WITH THEM)
MOTTO: "IF YOU HAVE TO FART IN PUBLIC, HOLD IT UNTIL YOU FIND A PET STORE—THAT WAY NO ONE WILL NOTICE WHEN YOU DROP IT."

YUMI

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11.21

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JOIN THE HOUR

X MEET THE YES AND NO NO GIRLS

They're three smart, stylish, street-savvy women who know just what it takes to get ahead. Their etiquette tips are sprinkled with humor and wit that will keep you laughing while also teaching you a thing or two about how to behave.

SHLEE

GOLDIE

NAME: GOLDIE
AGE: 32
SIGN: LEO
TECH HABITS: SAYS SHE WRITES "1000 TWEETS PER MINUTE", FACEBOOK 24/7, AVID FOLLOWER OF FASHION BLOGS, CHIC GEEK.
LIKES: GOLD, GOLD, GOLDIE! FASHION, FRIENDSHIP, OLD MOVIES.
DISLIKES: MEAN GIRLS, DISHONESTY, GUYS WHO PESTER HER FOR "SEXY PIX".
MOTTO: "THE MOST IMPORTANT ACCESSORY TO POWER IS A GREAT PAIR OF STILETTOS."

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TECH IT OFF

JOIN THE HOUR

X MEET THE YES AND NO NO GIRLS

They're three smart, stylish, street-savvy women who know just what it takes to get ahead. Their etiquette tips are sprinkled with humor and wit that will keep you laughing while also teaching you a thing or two about how to behave.

SHLEE

NAME: YUMI
AGE: 30
SIGN: AQUARIUS
TECH HABITS: FLUENT IN PHOTOSHOP, TOP-SELLER ON ETSY, MAC MANIAC, OK CUPID HEARTBREAKER, ALWAYS PLUGGED INTO SPOTIFY.
LIKES: YOGA, BALANCE, MUSIC, ART, CODING (IN HER SPARE TIME).
DISLIKES: JUDGMENT, SCHEDULES, PASSIVE-AGGRESSION, BULLIES.
MOTTO: "IN ANOTHER LIFE—OOOOOOOHHHHHHMMMMMMM"

YUMI

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“>” (Far Right): Page 11.37

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X

TIPS

YES:
BE CYBER-KIND

No, No:
BE CYBER-CRIME.

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11.37

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“<“ (Far Left): Page 11.36
“>” (Far Right): Page 11.38

11.38

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“>” (Far Right): Page 11.39

11.39

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“>” (Far Right): Page 11.312

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“<“ (Far Left): Page 11.311
“>” (Far Right): Page 11.313

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Links:

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“>” (Far Right): Page 11.314

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“>” (Far Right): Page 11.31

11.4

Fonts/Sizing:

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Copy: Gotham/ 17 pt.
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Copy (bottom right): Cardenio Modern bold/100 pt.

Links:

Photo 13.2: Page 11.41
"X" (Upper Left Corner): Page 11

Etc.:

—Text boxes 5 and 6 = max 120 character count and must count up character count as user fills in box.

—All text boxes other than Text box 1 and Text box 4 must include characters for user to link through Photo 13.2

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X

CREATE + SHARE

YES

0/120

NO NO

0/120

√ AGREE

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√ NAME YES

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If you desire to have your first name used then click the appropriate box, but first check with a parent if you're under the age of 18. The Yes and No No Girls, LLC believe in protecting peoples privacy and online identity. We ask you to refrain from disclosing any information in this submission that would lead one to identify you or others referenced in the fun yes and no no tips. We will not use last names.

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Copy (center): Gotham/8 pt.

Links:

Photo 13.1: Page 11.4
Photo 13.2: Page 11.411
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—Check box 2 and check box 3 cannot be checked simultaneously
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11.42

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Just in case you're still unsure, we've brought in the experts, the Yes and No No Girls, to help explain what's okay to put online and what's not. They know it all from the office to the bedroom and today, they're bringing their expertise to you. They're hip and up-to-date with what's going on online, **click here to see their hilarious tips!** Click here to download their free book, this helpful and hilarious book on tech etiquette will be an indispensable educational tool for kids, parents and schools.

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11.5

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—Links in text as defined in "website copy" document