

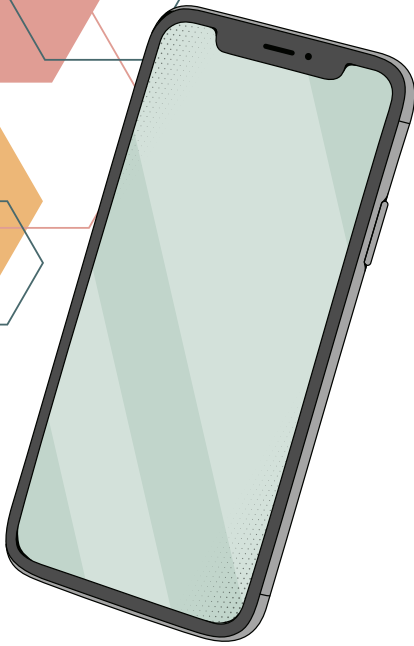
LOOKUP AGREEMENT

A NOTE TO TEACHERS:

Hi! What a time to be a teacher! Teaching has changed significantly over the last few decades.

Thank you for investing your time and energy into the generations of the future! We hope this guide will help your students LookUp from devices, learn from you, and connect with you and their peers.

This agreement combines knowledge from years of working with today's youth and what has been found to be most important for expectations and goals. Also, as parents ourselves, we know it's important to keep it practical and realistic!



LookUp offers programs and workshops to help you navigate screens in the safest and healthiest possible way. This tech agreement is only one piece needed when protecting kids online.

Check out www.lookupnonprofit.com for more information!

*Did you know one of our founders is a published author about this topic? Check out Tessa's ground-breaking work in *For The Sake of Our Youth: A Therapist's Perspective on Raising Your Family in Today's Culture* today!*

SOME HELPFUL TIPS BEFORE WE GET STARTED:

Communication and Goal Sharing is most important for classroom success. Allow students to contribute to the conversation with ideas for the school year. and above all else, be consistent and **follow through!**

CODE WORD

This is meant to be used when anyone (even teachers) is on their device during inappropriate times, during chances to connect or maybe a little too much. Choose this word as a school body and be prepared to use it and be called out with it! -- if you absolutely must be on your device when the word is called out, respectfully explain why you need to finish what you are doing and then quickly put your device down when you are finished.

**this code word is meant to signal "hey! I need your attention/quality time!"*

INVEST IN MENTAL HEALTH

It's tough to measure, but you will see and feel the outcomes of prioritizing in person connection and learning over devices.

We strongly recommend and can help implement a collaborative effort is between district & campus policy, consistency between teachers, investing in appropriate tech resources & content filters, education for students, parents and faculty.

But even if your class is the only one to have this agreement, you are making a difference in their world.

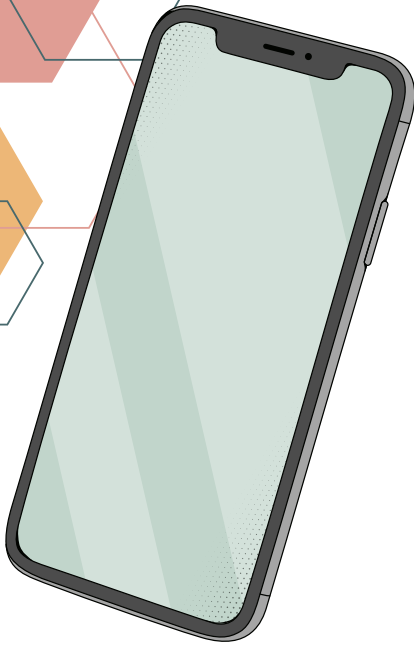
A NOTE TO STUDENTS:

Welcome students!

Today's technology literally puts the world at your fingertips!
And as they say, "With Great Power comes Great Responsibility".

Growing up in today's world has unique challenges. You have likely heard multiple presentations on screen & social media safety, and you possibly feel confident in your tech use and knowledge.

Keep an open mind, this guide was made for you. It combines knowledge from years of working with youth, just like you, along with the helpful tools for you and your teachers to create a healthy community for connection.



LookUp offers programs and workshops to help you navigate screens in the safest and healthiest possible way. This tech agreement is only one piece of a much larger digital wellbeing puzzle.

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SOME HELPFUL TIPS BEFORE WE GET STARTED:

It's not just the kids. We want you to communicate and share in setting the Goals. This is not about blame or control or pointing out weaknesses. It shouldn't be a battle between generations. **We can all benefit from more knowledge regarding healthy screen habits and in-person connection.**

CODE WORD

This is meant to be used when anyone (even parents & teachers) are on their device during inappropriate times, during chances to connect or maybe a little too much. Choose a word as a family and be prepared to use it and be called out with it! – if you absolutely must be on your device when the word is called out, respectfully explain why you need to finish what you are doing and then quickly put your device down when you are finished.

**this code word is meant to signal "hey! I need your attention/quality time!"*

TAKE INITIATIVE

You are on the frontlines! Your choices and habits today can affect the rest of your life.

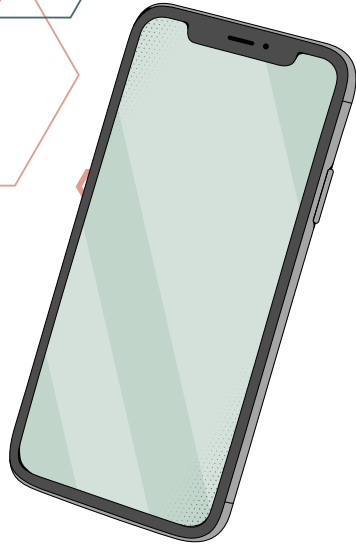
Kids can get around almost anything.

We see you and challenge you to use those powers for good.

Your physical, emotional, social, spiritual, and mental wellbeing is worth more than a life lived scrolling on a device.

LOOKUP AGREEMENT

GUIDELINES FOR SAFETY AND HEALTHY USE



CLASSROOM GOALS

1. Communication
2. Balance
3. Safety
4. Used for Productivity

SUGGESTED EXPECTATIONS

1. **Open Communication to Learn & Connect:** The answer to (almost) any question can be found online. What's not online, and IS IN THIS classroom, is the opportunity to stretch yourself, practice listening and responding, building relationships, honing interpersonal skills, developing respect and empathy for others.
2. **Prioritize in-person time and relationships.** School hours are a great time to build friendships. We should prioritize this over entertainment, gaming and other screentime. How and when can you prioritize people at school?
3. **All devices are a privilege, not a right.** They are expensive tools to accomplish tasks. They need to be put away, silenced or shut down, unless you have earned the right to use them for a specific purpose. Where will our phones be kept?
4. **Answering parents:** Yes! We want you to be reachable to your parents. Just as they have meetings that cannot be interrupted, our class time is precious, and communication will only be allowed at designated times. An emergency outside of these times may go through the school office. When will our parent communication time be?
5. **Be Kind:** Harmful behavior towards others (lie, deceive, fool or hurtful words) is not permitted. Be a good human first. Your actions in person and online affect classmates.
6. **Growth:** Our muscles grow by pushing through resistance. Similarly, we can grow by overcoming challenges, and stretching ourselves. Growth is not comfortable. In this class we will not take the easy way out, we will be present and support each other in our growth.
7. **Mistakes:** With a device like this, you will likely see or do something that is inappropriate. Stay honest and we will continue to support and answer questions. You will mess up at times and your device may be taken away from you. We will always sit down and talk about it. You will have the chance to start over. Discuss class consequences.
8. **Our class priorities are learning, healthy interaction, prioritizing responsibilities, respectful tone, safety and productivity. Tech may be allowed as long as it doesn't interfere with our goals.**

LOOKUP AGREEMENT

Our Code Word:

OUR CLASS DEVICE GOALS

1. Communication
2. Balance
3. Safety
4. Used for productivity

EXPECTATIONS

1. Classroom Communication

3. Devices

5. Be Kind / Conflict

6. Misuse / Mistakes

2. Prioritizing in-person

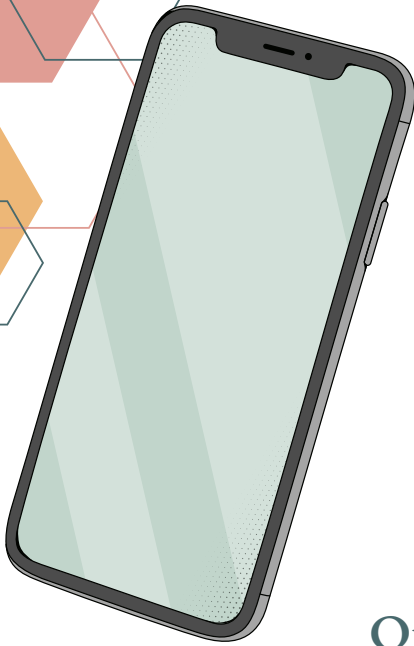
4. Parent Calls/Texts

6. Growth

7. Final Thoughts

LOOKUP AGREEMENT

GUIDELINES FOR SAFETY
AND HEALTHY USE



OUR CLASS DEVICE GOALS

1. Communication
2. Balance
3. Safety
4. Used for productivity, not a toy.

Our Code Word:

We are all learning together. We are all on the same team. By signing my name below, I agree to the class guidelines that we read through and discussed as a class:

_____CLASS



LOOKUP
AND CHECK YOUR:

P PHYSICAL
U UNITED
L LOVED
S SOCIAL
E EMOTIONAL
S SPIRITUAL

Our Code Word: