



# L-Plate Media Skills Programme

Student Name: \_\_\_\_\_

Form Class: \_\_\_\_\_

By Alison D Stegert

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Lesson	Positive Use Log Book Tasks:	Parent Initials
<b>Lesson One:</b> <i>My device is a tool for learning, not a toy.</i>	My Desktop is set up with leaning apps/downloads grouped in folders.	
	My non-educational apps/downloads are set up on separate screens/folders.	
	I have set a Password Lock on my device. A parent knows my code.	
<b>Lesson Two:</b> <i>I take care of my device and follow home and school rules.</i>	I protect my device by using a good cover/ bag and/or a case.	
	I remember to recharge my device at bedtime. I have had a conversation with my parents as to where my device will be recharged.	
	I showed my parents how to locate the Digital Citizenship and Cybersafety Agreement on the school website.	
<b>Lesson Three:</b> <i>I regulate the amount of time I spend on media each day.</i>	I have set goals and filled in a Media Use Log for three nights. My media use is: _____per day	
	I stopped playing a game/chatting when my parent called me. No arguments.	
	I have planned my own media Sabbath. Instead of using media, I will:	
<b>Lesson Four:</b> <i>I am aware of online dangers and take precautions.</i>	I disabled geo-location on the camera function of my device and explained to my parents why it is important.	
	I showed my parents the eQuipped website <a href="http://www.e-quipped.com.au">www.e-quipped.com.au</a>	
	I talked to my parents about what to do if I witness or experience online bullying.	
<b>Lesson Five:</b> <i>I guard my heart from ungodly content and influences.</i>	Memorise Proverbs 4:23	
	Talk to your parents about two ways you can guard your heart (related to media).	
	Read Psalm 66:18 with your parent. Discuss how cherishing (giving attention) to wrong things can impact our relationship with God.	

Form Teacher name: \_\_\_\_\_

Form Class: \_\_\_\_\_

Form Teacher signature: \_\_\_\_\_

