我的U.P.

该模版由2011年度 8年级健康课目组编辑

1）**技术宵禁：**无论是否完成作业，平时我都会在\_\_\_\_\_ 点前关机; 周末会在\_\_\_\_\_点前关机。

2）**时间限制**：校外时间，我同意在平时使用电脑的时间一天不超过\_\_\_\_\_小时；在周末, 不超过 \_\_\_\_\_小时一天。

3）**间隔及休息时段：**我使用电脑的时间每过\_\_\_\_\_分钟会有一次\_\_\_\_\_分钟的休息。

\*\*在间隔的休息时段里我可能会做的事情是：

1.

2.

3.

4.

4）**家庭协议：**我们家对于在发现使用如下程序（游戏，聊天等）有如下的规定：

a)当发现使用了\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_，我们一致同意采取的措施是：

b)当发现使用了\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_，我们一致同意采取的措施是：

5）**时间管理：**最易让我分心的关于电脑技能方面的事情是\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_。为了提升自我控制的能力，我将采取如下方法：

学生签名：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

家长/监护人签名：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

日期：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My.U.P.**

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2011 8TH GRADE HEALTH CLASSES

1) **Tech Curfew:** Whether or not I have finished my homework, I will shut down by\_\_\_\_\_\_\_\_\_\_ p.m. on school nights and \_\_\_\_\_\_\_\_\_\_p.m. on the weekends.

2) **Time Limit:** Outside of school, I agree to use technology for no more than\_\_\_\_\_\_\_\_hours a day on weekdays and \_\_\_\_\_\_\_\_hours a day on the weekends.

3) **Break and Breathers**: For every\_\_\_\_\_\_\_\_\_ minutes I’m on the computer, I will take a \_\_\_\_\_\_\_minute break.

\*\*Some possible things I could do during these breaks are:

1.

2.

3.

4.

4) **Family Agreements**: Our family has these agreements when it comes to the following programs (gaming, skype, etc.)…

1. When it comes to \_\_\_\_\_\_\_\_\_\_, we’ve agreed that:
2. When it comes to \_\_\_\_\_\_\_\_\_\_, we’ve agreed that:

5) **Time Management**: My biggest tech distraction is \_\_\_\_\_\_\_\_\_\_\_\_. To help

me keep it under control, I will…

My Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents/ Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_