



Jostens Pause Before You Post™ is validated and supported with research by Dr. Justin Patchin and Dr. Sameer Hinduja, leading experts on cyberbullying. Designed with input from educators and students from across the country, the Pause Before You Post program encourages students to ask themselves important questions before posting online and also highlights consequences of what they post.

For more information:
jostens.com/infotoknow
cyberbullying.us

Pause Before You Post™



What Students Need to Know

Pause Before You Post™ is a public service program from Jostens that encourages students to make smart decisions about personal publishing. Through expert advice and visual reminders, students will become more aware of the responsibilities and consequences of sharing information, particularly through online social media.

The **Pause Before You Post™** package* includes everything you need to plan and conduct an awareness campaign in your school to help students:

- Ask the right questions before posting information, photos or videos online
- Learn more about cyberbullying from recognized experts
- Understand the consequences of making poor decisions
- Share information with friends and family members

Make a strong impact with **Pause Before You Post™** during class, homeroom, school assemblies or through a service project by your student council or yearbook staff.

For more information, contact your local Jostens representative or visit jostens.com/infotoknow.



Pause Before You Post™

- Who will be able to see what I post?
- Will anyone be embarrassed or hurt by it?
- What will my family or teachers say if they see what I post?
- How will I feel if school sees what I post?
- How would I feel if my friends see what I post?
- Am I proud of what I post?
- Do I have a clear conscience?
- How would I feel if my parents see what I post?



*Package includes 1 DVD with video introduction by leading cyberbullying experts, a lesson plan, email for parents, video public service announcements by popular music artists; 5 Pause Before You Post in-school posters; 25 educator guides; 200 student guides; 200 Pause Before You Post pins; access to a variety of information online, including a student pledge. Additional quantities of each item are available as add-ons.