



SLAYING DIGITAL DRAGONS™

Join the resistance and battle Big Tech.

My Resistance Manifesto

I will join the resistance against Big Tech by taking charge of my screen scene.

I will lead an empowered, examined life, always thinking for myself.

I will *REFLECT* (on my digital life), *RESIST* (any negative forces), and *RESET* (my life balance) if anything gets out-of-whack-a-doodle.

I will use my screen time to do good things for myself and others.

I will maintain a healthy balance between my online and offline lives.

I will protect my body, brain, privacy, reputation, schoolwork, sleep, and psyche from Big Tech meanies.

I will resist the shallow, nasty, and judgmental aspects of social media.

I will resist negative thinking.

I will, without being a supercilious jerk about it, try to create more than I consume.

I will stay away from platforms that make me feel bad.

I will post to share my life and not let posting become my life.

I will be an offline adventurer and look for opportunities to swash my buckle.

I will use my time on screens to benefit my relationships, personal growth, and future options.

I will be alert to the lies, misinformation, and biases found online.

I will listen to my gut and watch out for warning signs.

I will use the Reset Plan as a tool to improve my screen scene or other areas of my life.

I will pause before acting to think about the consequences of anything I do online, like sending ice cream to Alex.

I will respect other people's privacy and feelings and not use my phone to hurt or embarrass them.

I will leave a digital trail of flowers, not turds.

I will always remember that the most powerful app is my brain.