**S.O.C.I.A.L & M.E.D.I.A**

**Our project Charter**

**Advice to optimize your potential and well-being at home:**

* **Food and drink:**
* You must eat a balanced diet and have a good breakfast in the morning.
* You should eat fruit and vegetables.
* Don't drink soda or eat too many sweets or junk food.
* Drink enough water every day.
* **Screens**:
* Don’t be a couch potato!
* Don't play too much video game or don't watch too much TV, limit screen time to less than 2 hours a day. (TV, smartphone, video games, computer, cinema…)
* Read a good book before going to bed instead of playing on your phone.
* **Physical activity:**
* You should always have a good night sleep of at least 9 hours so your body gets back all the energy lost.
* You shouldn't stay too much in bed and you should make your bed in the morning.
* Practice physical activity an hour a day: sport, cycle or walk to school if possible.
* Stay safe, wear proper gear obey safety rules.
* Get outside!
* Be artistic. Play or listen to great music.
* **Personal hygiene:**
* You should take care of yourself regularly; often wash your hands with soap.
* Wear fresh clothes and underwear every day.
* You must brush your teeth and have regular showers.
* Never smoke, drink alcohol or take drugs.
* Ask for help if someone bullies you.
* Take some time to relax and do nothing.
* **Mental health:**
* Be grateful. And stay positive. Practice discipline and respect.
* Tell your parents if you have problems, if you are bullied.
* Obey eSafety rules online.
* **Social life:**
* Have good moments at home with your family, you should spend some of your free time with your parents.
* Spend time with your friends too and enjoy real life.
* You should help with the household chores.
* You shouldn’t do things that are inappropriate for your age.
* You should take care of your pets.
* **Homework:**
* Our parents could help us with our homework and then we must learn to work by ourselves.

**Advice to optimize your potential and well-being at school:**

* **Behaviour**:
* You mustn't be late to class.
* You mustn't run in the corridors.
* You mustn't be rude, nasty in class with mates and teachers.
* You must not shout at your teachers or make noise in class.
* You shouldn't play in the classroom nor move around in the classroom.
* You mustn't eat Chewing-Gum during lessons.
* You mustn't chat with classmates and speak French / German / Spanish / Greek.
* You can only go to the toilets during the breaks.
* You mustn't throw rubbish to the floor.
* You mustn't write on the digital board with a marker.
* You mustn’t write on the tables or on the wall.
* You must wait in queue for your turn when needed.
* **Devices and school things:**
* You must wear proper clothes.
* You are not allowed to use your phone at school except if you are told to.
* You mustn’t forget your books and exercise books.
* **School work:**
* You are not allowed to talk in class; you must be quiet and focused. You mustn't be distracted.
* You should listen to teachers for lessons and get involved in the activities.
* You must finish your homework by the time you are allowed to.
* You should always do your exercises and learn your lessons.
* You must be organized and regular in your work.
* You have to write properly in your exercise book.

**A netiquette for the TwinSpace:**

* **Messages, emails, comments:**
* We can send messages on our profiles but Think carefully about the content of the message you send to someone else.
* Check messages / emails and respond promptly.
* Respect others’ opinions and values. Don`t judge people
* It is important not to say too private things about ourselves.
* **Pictures and videos:**
* Don't post indecent pics.
* Don't give disrespectful comments about other people's photos.
* Don t take photos and videos on the TwinSpace for personal use.
* **Work and homework:**
* Verify facts before making a decision.
* You must do your activities on the TwinSpace on time.
* You should collaborate.
* You should work in the international teams.
* Work democratically.
* Follow the copyright rules.
* We should also have fun on the TwinSpace!

**Rules for the mobilities:**

* **Sporting activities :**
* You mustn’t push your classmates at sport;
* You must respect the sport stuff and rules.
* You can change your clothes after sport.
* **The means of transport:**
* Children who are not 4.265 feet are not allowed to be in front of the car.
* You shouldn't smoke during mobilities at all.
* You shouldn't check your phone at any time mostly on a bus not to be sick.
* **Artistic & cultural activities :**
* You shouldn't talk in the museums.
* Respect the historical sites and monuments of the country you're visiting.
* You are not allowed to mess the other kids' work.
* **Social activities:**
* Socialize with people from partner countries and be friendly.
* Don't insult your fellow classmates.
* Don't shout, speak in a normal tone.
* Don't use offensive words.
* Respect and acknowledge the rules you're asked to obey.
* **Clothing rules :**
* You must have appropriate clothing according to the season and the school dress code and activities on the program.

**Staying at the host families: be social!**

* You should be thankful for what the families are providing you.
* You should respect the local habits and act consequently.
* Help out with the chores around the house.
* Don't use your mobile phone during meals. Don’t spend time in front of your screens.
* In the morning students should make their beds and mustn't spend too much time in the shower.
* You shouldn't stay too much in bed.
* You must always be on time for lunch and dinner.
* Don’t waste food, take a little if you are not sure to like, be polite.
* You must not take too long to get ready.
* You mustn't speak your mother tongue if the family can’t understand you!
* Spend time with the family.
* Be patient and understanding.

**Rule-breakers ?**

* **At school/mobilities :**
* You have to stay a day without doing any activities.
* You must help with the chores.
* You need to think about what you should have done differently.
* You should apologize if it involved anybody else.
* **At host family's house:**
* You could have less time using electronic devices.
* You could have less time watching TV.
* You could have to get up earlier and make breakfast for the rest of the family.
* The teacher could call or text your parents.