# GoodforMEdia Participation Guidelines & FAQs

GoodforMEdia is a peer mentoring campaign for older teens and young adults to share their personal stories, insights and strategies with younger teens and tweens to support their healthy engagement with technology and social media.

We’re assembling a group of advocates to begin a #GoodforMEdia dialogue. Together we hope to spur a movement for youth to speak up on the role of social media on their mental health!

Join our campaign by following these steps:

Review our participation guidelines and FAQs about how your information will be used and shared.

If you are under 18 years, check with your parent or guardian to get their OK to participate.

After completing the submission form on GoodforMEdia.org/shareyourstory, you will be prompted to upload your media content and Participation Agreement.

If you are under 18 years, your Participation Agreement must also be signed by your parent or guardian.

Follow the campaign @GoodforMEdia and feel free to share your story using your own channels and tagging #GoodforMEdia!

We are interested in hearing your stories and advice… and your answers to these questions:
✓ What role do you think media plays in your mental health?
✓ What advice would you give your younger self or a younger sibling getting their first phone?
✓ What do you wish you’d known or done differently before engaging with social media?
✓ What strategies do you use to protect your mental health when engaging with media?
✓ If you could advise lawmakers, parents and/or social media platforms, what would you like to see change?

We welcome all types of media submissions!
✓ Videos (60 seconds or less & landscape view please!)
✓ Photos
✓ Artwork
✓ Poems & Quotes
✓ Blog Posts
FAQs: How Your Submissions & Personal Information Will be Used

One of the challenges that comes with using social media is knowing how your personal information will be handled and shared. To help you decide whether or not to participate in this campaign, we want to make sure you are aware of how the #GoodforMEdia project will use the information you share.

Who is Good for Media?
#GoodforMEdia is a project of the Media and Mental Health Initiative run by the Stanford Department of Psychiatry’s Center for Youth Mental Health & Wellbeing.

What is the purpose of the #GoodforMEdia campaign?
The Good for Media Project is a peer mentoring campaign for teens and young adults to share their personal stories, insights and strategies with younger teens and tweens to support their healthy engagement with technology and social media.

Who can participate?
Participants must be 13-24 years old on the date of their submission of any media or materials, in order to participate in the project. Participants under 18 years old must have permission of their parent or guardian. Currently, we are only able to accept submissions in English.

What information will be collected about me?
We will only collect information that you voluntarily provide. For example, you may choose to submit original artwork, written thoughts, photos or videos of yourself. The content of your submission should NOT contain any information that may be used to identify, locate or contact you directly, such as your full name, address or other contact information. However, in order for us to communicate with you and your parent/guardian, and to get permission to post your submission, we will request your name, date of birth, and email address. When publishing submissions, we may include your first name, age and any images or videos you provide but do not intend to include any other directly identifying information about you.

How will my information be used?
Good for Media staff will attempt to review all submissions, to determine if they positively promote health strategies for media engagement, and meet our other criteria described below. If selected for publication, we may further share your submission publicly by posting on the GoodforMEdia.org website or via @GoodforMEdia social media accounts. We may also share your submission in our public presentations, and in project communications or reports to funders and stakeholders of the Stanford Psychiatry Center for Youth Mental Health & Wellbeing. We may publicly share your first name and age along with your submission, but will not share your last name or contact information. Before sharing your submission publicly, we will send you a media release form that describes use of your submission in more detail, which you (and your parent or guardian, if you are under 18) must complete and sign.

Will you edit my submission?
In some cases, Good for Media may desire to edit your submission for clarity, brevity or to protect privacy. In such cases, Good for Media will provide back to you an edited version of your submission for your review. You are free to approve or reject the edits, in your sole discretion. However, if you reject the edits, we may not publish your submission. Only after both Good for Media and you (and your parent or guardian, if you are under 18) agree to a final version will a submission be posted publicly on our website or submitted to any third-party platform.

Where will my information be stored and shared?
Good for Media will store your submission and related information on the GoodforMedia.org website, hosted by SquareSpace, on Stanford University email and file storage servers. In addition, once posted externally, your submission may be stored and shared on social media sites and other third-party platforms outside of Stanford’s control, such as Instagram, Facebook, Twitter and TikTok.
How long will you keep and use my information?
Good for Media may keep and use your submission and related information indefinitely, or until the Good for Media project ceases. In addition, once posted externally, your submission will be kept and stored based on the terms and policies of the relevant social media sites and third party platforms, which are outside of Stanford’s control.

Can I request my information be removed?
At any time, you may request that your submission(s) be removed from the GoodforMedia.org website; and Good for Media and Stanford will promptly take down your submission(s) from such GoodforMedia.org webpages and communications channels that we solely manage control; and we will take reasonable actions to request removal from other platforms where we have directly posted the submission. Importantly, however, Good for Media and Stanford do not manage or control external sites, platforms and other third parties where your submission(s) may have been previously posted or copied; and we therefore cannot promise removal of your submission by such third parties. In short, once your submission has been posted publicly, you should expect that it will be available broadly and forever by third parties outside your and our control. To request that Good for Media take down your submission, please email info@goodformedia.org with your name, contact information and date of original submission. In addition, Good for Media may in our discretion remove (or attempt to remove) any submission at any time for any reason.

Why do I need to get my parent’s permission?
If you are under 18 years old, your parent or guardian needs to be aware of your participation in this project and must agree to your sharing and our receiving the information you provide. We require this in the interests of transparency, and for the protection of your privacy and safety. In general, before sharing any personal information online with anyone, it is always good to discuss with your parent or guardian the risks and consequences of such sharing.

What are Good for Media’s criteria for posting (or not posting) a submission?
We welcome a variety of multimedia submissions, including photographs, video recordings, writing, quotes, audio, music, spoken statements, audio-visual works, slides, portraits, animations, or computer graphics, as well as any accompanying documentation. Good for Media will select works that contain a positive, constructive message about healthy engagement with social media. Content should not include information that could incriminate or identify another person. Submissions should not show or name any other person besides the submitting individual. All submissions must meet the Good for Media User Content Standards and Unauthorized Content guidelines.

User Content Standards and Unauthorized Content Guidelines
Good for Media deems “Unauthorized Content” as content that is or could be construed as violating Participant Guidelines, including:
* Infringing on a third party’s copyright or other intellectual property rights.
* Causing harm which may prevent or impair others from using or enjoying the site and project.
* Defamatory, disturbing, abusive, inappropriate or obscene content.
* Inclusion of identifying information within a submission, including full name, contact information, or location.
* Works showing people who are not directly submitting the content.
* Content that is overly or solely negative in focus and does not offer a solution, strategy, lesson, advice or recommendation.

For additional information about how Stanford treats personal information, see the Stanford Online Privacy Policy at https://www.stanford.edu/site/privacy.

Other Questions? Email us at info@goodformedia.org