



The Dos and Don'ts of Digital Kindness

Do

- If you need/want to make a critical comment, then verbally say it in person, one on one.
- **Delete** mean or humiliating pictures/posts sent to you.
- Respond to texts/e-mails that ask for your help.
- Send kind texts.
- Stand up for friends who are being attacked.
- Unsubscribe from groups that are mean (if you can).
- When in doubt, do a digital reality check (see page 207).

Don't

- Post pictures of a party where some of your friends in the group are not invited.
- Post party invites/announcements on social media sites unless everyone is invited.
- Make critical comments about others online/on text.
- Take screenshots of Snapchats.
- Forward mean or humiliating pictures/posts sent to you.
- Hypertext.
- "Like" or forward embarrassing photos.
- Make critical comments about others online.
- Ask people to send you sexy/inappropriate pictures.
- Trust virtual friends whom you don't know in person.
- Pretend to be someone else online, even if you think it is a joke.



Digital Dos and Don'ts for Teens

Do

- View your digital footprint as an online portfolio.
- Be kind when online.
- “Like” the posts and sites of friends you care about.
- Selfie in moderation.
- Communicate with your friends online.
- Create a rich and creative personal profile.
- Take breaks from texting and games when exhausted, upset, or frustrated.
- Discuss with your partner the “rules” around texting and social media.
- Text your parents regularly.
- Use technology to make plans and keep in touch.
- Set your own time limits for games and social media.
- Use technology for keeping organized and doing homework.
- Keep an offline or paper diary to document your deepest thoughts.
- Use technology for friendships, social plans, homework, writing, creativity, music, information, and social change.

Don't

- Forget that your digital footprint has consequences in the future.
- Say things online that you wouldn't say in person.
- Like or endorse sites that are racist, sexist, X-rated, or violent.
- Over-selfie.
- Overshare or sext.
- Believe that profiles accurately represent the reality of a person's life.
- End relationships on text or social media.
- Forward embarrassing pictures after you break up.
- Text your mother every time you need to make a small decision.
- Text and drive.
- Study with your phone and social media nearby.
- Sleep with your phone.
- Post your most sacred and secret thoughts.