

PAUSE BEFORE YOU POST

ASK YOURSELF THESE QUESTIONS BEFORE YOU PRESS SEND:

- » Would I say what I typed face to face? (Kindness)
- » Did I ask permission to send this photo or video? (Respect)
- » Am I being mindful of others with my post? (Mindfulness)
- » Would this make me feel good if I received it? (Empathy)
- » Is my text's intent clear without misunderstanding? (Perception)
- » Is this post a reflection of the true person I am? (Self-Respect)
- » Is this personal or private? Does it need to be shared? (Privacy)
- » Am I spreading negativity? (Intent)

