



HOW TO BE KIND AND POLITE ONLINE

The internet can be an amazing place! You can do research for school, connect with your friends, and even check out the latest videos!

But we need to make sure that everyone can enjoy using the internet without feeling hurt or left out.



TIPS!

USE KIND AND SUPPORTIVE LANGUAGE

You are so cool! 😎

Thank you!

Next time you're playing a game with your friend online, make sure to say something nice about their talents!

BE AN UPSTANDER

If you see someone being mean online, don't just scroll by. Speak up or show support to help make the internet a kinder and safer place.



24-HOUR RULE

When you feel upset about something you see online, you may want to respond right away. But give yourself 24 hours before responding or posting something online.



USE "I" STATEMENTS

Start with "I" when sharing how you feel! Instead of saying, "you're mean" try saying, "I felt hurt when you said my hair looks bad". It helps people understand you better!

I think
I want
I feel
I see
I believe

Being online isn't always easy, but we can do our part in creating a safe, positive space and inspiring others to do the same.

