

# Should I Post This?



Questions to ask yourself before making a post or comment online

## How am I feeling right now?

Before making a post or a comment, it is always important to check how you are feeling in the moment. When we are angry, sad, or anxious, sometimes we end up doing or saying things that we don't mean. If you are experiencing any of those feelings, it might be best to wait until you are calm before you make a post.



## Is this information I'm ok with *everyone* knowing?

When people follow you on social media, that means that you are allowing them access to the personal information you choose to share. They can see your pictures, videos, and read whatever you write about your thoughts, views, and opinions. Remember that whatever you choose to post, text, or put online always has the potential to be seen by those you didn't intend. Before you post, make sure that what you are saying or sharing is something you feel comfortable with everyone knowing.

## Is this cyberbullying?

Is what you are posting or sharing going to be helpful or hurtful to you or other people? Are your comments trolling or bullying? Such hurtful behavior can have consequences both online and offline.

## What would a parent say if they saw this post or comment?

Always think about what a parent or guardian might say if they were standing over your shoulder and saw what you were posting. If you feel like what you are sharing online would not be approved by a parent or an adult, then that's a clue that this may not be the best thing to post.

## Is this something I might regret in the future?

Something to remember about commenting or posting online is that whatever you say can last forever, even if you attempt to delete it. Posts that you made when you were younger can be damaging to you when you get older or become an adult. When you are posting or sharing, ask yourself if you're OK with the comments, posts, or images following you into adulthood.

## Is this the best way to communicate?

Some people use social media to express their feelings, attack people, or to resolve conflict. Communicating this way can be harmful and ineffective. If you are posting online about a conflict, think about whether this is a situation that you want everyone to be involved in. It might be best to find other ways to communicate to the person you might have a problem with.