

HEALTHY DIGITAL COMMUNICATION

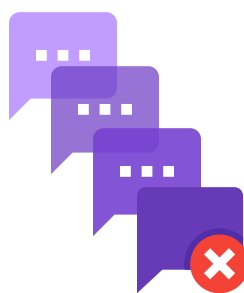


Be Respectful & Clear



Message at Good Times

Message before normal bedtime, like before 10 p.m., and not at 2 a.m.



Send Patiently

Wait for replies. Don't send too many messages too fast.

Be Kind



Don't be sarcastic or mean.



Be Clear

Use clear emoticons and only common abbreviations.



Ask Questions

Use questions when things are unclear. Don't assume.



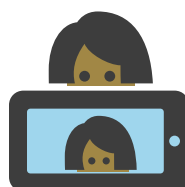
Use Video

Up to 93% of all communication is nonverbal. Talk face-to-face or video chat to understand each other better.



No Hateful Expression

Don't use symbols, or images that are hateful, abusive, threatening, or harassing.
NOT EVEN AS A JOKE.



Don't Ask for Sexts

Never ask for sexts or pics. It is disrespectful and may be illegal depending on their age.



Respect Privacy

Don't share screenshots or spill the tea.



Get Help

We are here for you. Every day, on-campus, off-campus, online. Reach out to your counselor, Dean of Students, Title IX Coordinator, or Director for DEI.