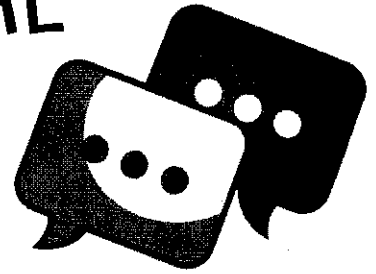


# TEXTING & SOCIAL MEDIA TIPS

*for a no drama life!*



1

**USERNAME & PASSWORD** Never share your username and password for any of your accounts with friends, no matter how good of a friend they are!

2

**REQUESTS TO FOLLOW** Only follow or accept requests from people you know and people that treat you with kindness and respect.

3

**POSTS** Only post appropriate and positive images and comments! Spread positivity - it's contagious!

4

**CONFLICTS** Do not argue on social media or text - it is not an effective way to problem solve. It's important to work things out in private and in a way that allows you to understand the other person's emotions and tone.

5

**SCREENSHOTS** Do not take screen shots of other people's posts or texts and share them with others, especially if it's making fun of someone's post or involving them in the drama. This only results in hurt feelings and making problems bigger.

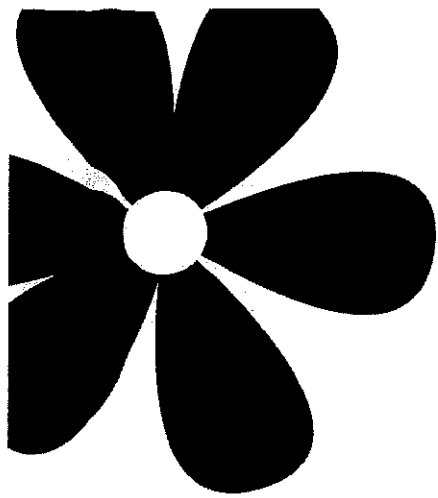
6

**PRESSING SEND** Remember that anything you send is out of your control once it is sent! You cannot take anything back. Do not send something you may regret, including comments, pictures, etc.

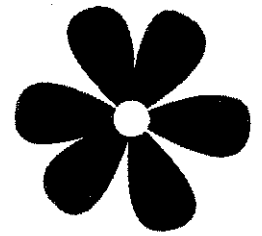
7

**ADVERTISING EXCLUSION** Do not intentionally leave someone out of an activity and then post it on social media for them to see. This is not kind.





# TOP TIPS to avoid SOCIAL DRAMA



1

**BE KIND** and treat others how you would like to be treated. This is number one! By following this rule you will stay away from engaging in behaviors that cause more drama, hurt the feelings of others and impact your own reputation. Kindness is key!

2

**DO NOT GOSSIP** or spread rumors and if it comes your way, say "let's talk about something else" or change the topic.

3

**DO NOT ASK OTHERS** to act as **MESSENGER** for you! Not only is that involving more people in your issue, the messenger might get it all wrong! If you have to tell someone something, tell them yourself.

4

**DO NOT ACCEPT THE ROLE OF MESSENGER** If someone asks you to pass along a message or to ask someone a question on their behalf, simply say, "No thanks. I don't want to get involved."

5

**GIVE IT TIME** If someone upsets you, wait a bit to calm down and process the situation before problem solving. Often times we react too quickly when emotions are high and it only makes things worse.

6

**WHEN IN SCHOOL, FOCUS ON CLASS** If you are involved in drama, give the drama time to die down and handle it after school. Do not try to solve issues during class time.

