Embracing digital civility

Treating each other with respect and kindness online

How can **you** live up to the challenge?

Take the Digital Civility Challenge!

Live the golden rule
I will act with empathy, compassion and kindness in every interaction, and treat everyone I connect with online with dignity and respect.

Respect differences
I will appreciate cultural differences and honor diverse perspectives. When I disagree, I will engage thoughtfully and avoid name calling and personal attacks.
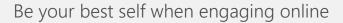
Pause before replying
I will pause and think before responding to things I disagree with. I will not post or send anything that could hurt someone else or threaten my safety or the safety of others.

Stand up for myself and others
I will tell someone if I feel unsafe, offer support to those who are targets of online abuse or cruelty and report activity that threatens anyone's safety.

Be your best self when engaging online

Upset or angry? Take a moment & take a breath

Respond to an idea, not the person

Ask questions & look for common ground

Put yourself into someone else's shoes: what might they have been thinking or feeling?

Defend yourself & your friends – but do it respectfully

Don't let the drama get you down

Recognize how a situation makes you feel

Trust your instincts & seek support if you need it

Worried about a post? Report it to the platform

Take a step back & try to put things into perspective

Put your phone down & disconnect

How can you look after yourself, your friends and your family?