# THOUGHTS FROM A DIGITAL MOM

# TEXTING ETIQUETTE

1. **Type messages like your mom is going to read them**. Assume whoever you don't want to see your words, will.

2. **Be kind**. 'nuff said.

3. **Practice Empathy**. Put yourself in the other person's shoes. How would the words you type make you feel if they were sent to you?

4. **Assume positive intent.** With no facial expression or tone of voice to provide social cues, it's really easy to misinterpret subtleties like sarcasm. Ask for clarity before assuming the worst.

5. **Use common sense**. Just like in real life— if it sounds too good to be true it probably is. If there's a feeling in the pit of your stomach telling you this might not be a good idea, it probably isn't.

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6. **Don't Text Angry**. If you are upset or angry, try to pause before responding. You don't want to write something you'll regret later.

7. **Don't exclude others.** Group chats can be a convenient way to reach everyone but they can easily make others feel left out- especially friends who may not have messaging yet. Use group chats when needed but try to refrain from using them exclusively.

8. **Try not to text in front of real live people.** It's rude unless it's necessary. If it's necessary, excuse yourself and explain why it's important.

9. **Keep it short.** It takes time to read a message.

10. **Ask for help!** Every person on the internet finds themselves in a difficult situation at some point. As a trusted adult to help you. Your safety is more important to us than anything else!