



LESSON 4

Pause Before You Post

For tweens — print this page and keep it nearby.

THE THREE-SECOND PAUSE

- 1 The pause is your power**
Almost everything people wish they could undo online happened because they were fast. Three seconds fixes most of it.
- 2 Am I upset right now?**
Angry, hurt, or jealous is the worst time to post. Feelings fade in an hour; a sent message doesn't. Wait.
- 3 Is this private?**
Check for private info — yours or someone else's. Before posting anything with another person in it, ask them first.
- 4 Would I be okay if it spread?**
Anything can be screenshotted. If you'd be uncomfortable with the whole school seeing it, don't post it.
- 5 Be kind, don't pile on**
If you wouldn't say it to their face, don't type it. When others are unkind, you don't have to join — tell a grown-up.

IF YOU TAKE ONE THING FROM THIS LESSON

Build the three-second pause. Before anything goes out, count to three and ask one question: would I be okay if this got shared with everyone?

TRY THIS TODAY Think of one unkind thing you saw online. Decide now what you'd do next time — scroll past, be kind to the person, or tell a grown-up.