Pause before you post

Grades 6–12 · Online choices

Keep school rules in mind. If something online feels unsafe, stop and ask a school-approved adult for help.

Keep private details private

Do not post passwords, addresses, student records, or someone else's private information.

Check before sharing

Who made this? Is it current? What would help you check whether it is true?

Ask before posting about someone

Get permission before sharing a person's photo or story. A no is enough.

Pause and get help

You do not have to reply to a hurtful or suspicious message. Follow your school's reporting steps.

For the counselor: use made-up posts. Do not ask students to show accounts, passwords, screenshots, or private messages. Explain the school's actual help and reporting routes.