DIGITAL COMMUNICATION GOLDEN RULES
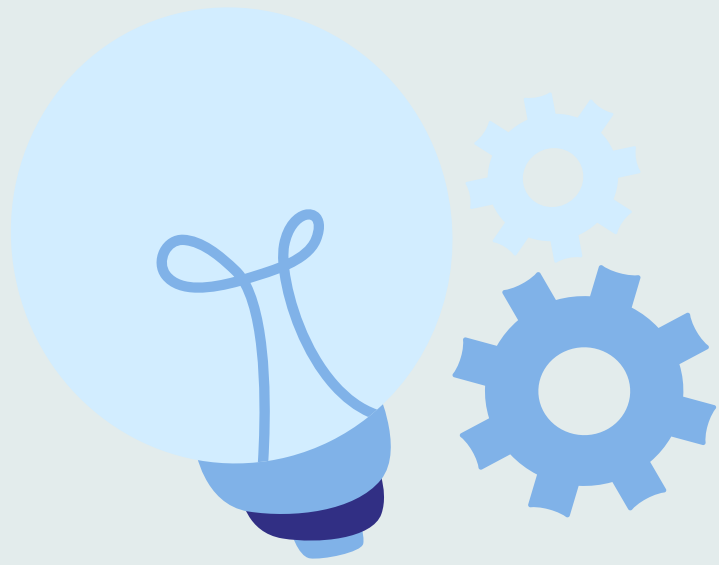
SouL ReCorD

SouLReCord–Sound Leadership Rejects Cyberbullismor Digital Disrespect

Programme: Erasmus+

Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in vocational education and training

Project Reference: 2021-1-IT01-KA210-VET-000034511

1.Think Before You Type: Take the time to consider the impact of your words online. Once a message is posted, it's difficult to retract.

2.Treat Others as You Would Like to Be Treated: Empathy is crucial. Always consider how your online actions can affect others' well-being.

3.Avoid Offensive or Threatening Comments: Maintain civil and respectful communication. If a discussion becomes heated, try to remain calm and courteous.

4.Report Cyberbullying: If you come across instances of cyberbullying, it's important to report them to the appropriate authorities or the platform in use. This can help prevent further abuse.

5.Protect Your Privacy: Avoid sharing personal information such as your home address or phone number with unknown or untrusted individuals.

6.Don't Share Sensitive Information: Respect others' privacy by refraining from sharing personal details or secrets about others without their consent.

7.Use Privacy Settings: Set your social media privacy settings so that only people you know personally can access your information.

8.Post Responsibly: Always ask for permission before sharing photos or information about other people. Think about the potential impact on their reputation.

9. Don't Share Harmful Material: Avoid disseminating harmful content, such as photos or videos that could damage someone's reputation or image.

10. Block or Disconnect: If someone is harassing you online, don't hesitate to block that person or disconnect to avoid further negative interactions.

11.Educate Others: Talk to your friends and family about preventing cyberbullying and promoting respectful online communication.

12.Report to Authorities: If you become a victim of cyberbullying, reach out to a trusted adult or school authorities, and if necessary, law enforcement.

13. Support Victims: Offer your support to victims of cyberbullying by showing empathy and helping them find appropriate solutions.

14. Maintain Positive Communication: Contribute to a healthier online environment by promoting mutual respect and avoiding fueling controversies or hatred.

15. Cultivate Digital Awareness: Stay informed about online threats and how to protect yourself. Continuous education is crucial for safe and respectful digital communication.

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