Message at Good Times
Message before normal bedtime, like before 10 p.m., and not at 2 a.m.

Be Kind
Don't be sarcastic or mean.

Be Clear
Use clear emoticons and only common abbreviations.

Ask Questions
Use questions when things are unclear. Don't assume.

Use Video
Up to 93% of all communication is nonverbal. Talk face-to-face or video chat to understand each other better.

Don't Ask for Sexts
Never ask for sexts or pics. It is disrespectful and may be illegal depending on their age.

No Hateful Expression
Don't use symbols, or images that are hateful, abusive, threatening, or harassing. NOT EVEN AS A JOKE.

Respect Privacy
Don't share screenshots or spill the tea.

Get Help
We are here for you. Every day, on-campus, off-campus, online. Reach out to your counselor, Dean of Students, Title IX Coordinator, or Director for DEI.

Read the Policy at ucls.uchicago.edu/equalopportunity