

# HEALTHY DIGITAL COMMUNICATION



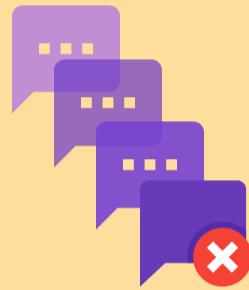
THE UNIVERSITY OF CHICAGO | Laboratory Schools

## BE RESPECTFUL & CLEAR



### Message at Good Times

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



### Send Patiently

Wait for replies. Don't send too many messages too fast.

### 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.



### No Hateful Expression

Don't use symbols, or images that are hateful, abusive, threatening, or harassing.

NOT EVEN AS A JOKE.



### Don't Ask for Sexts

Never ask for sexts or pics. It is disrespectful and may be illegal depending on their age.



### 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.