

DIGITAL WELLNESS IN ACTION



Netiquette



Be Connected

Learn as a Family

What is Netiquette?

Netiquette (a blend of "Net" or internet, and "etiquette") are rules or good manners that facilitate online interactions. Remember, behind every screen is a human being with feelings.

Why is it important?

Online actions can affect others both positively and negatively. These rules contribute to making a better, more respectful, and useful place online, preventing misunderstandings and conflicts. They are particularly important because non-verbal cues like tone of voice or facial expressions are absent online.

How can we follow good Netiquette?

before you post!

Sharing accurate information builds trust and credibility. Posting Is it True? false information can mislead others and damage your reputation.

Ensure what you post is helpful, to contribute positively. Is it Helpful?

Motivate others, spread positivity, and uplift people's spirits. Is it Inspiring? It can make a difference in someone's day or life.

Does it add value to your relationship with that person or Is it Necessary? the society.

Kindness promotes a positive online environment. It encourages Is it Kind? respectful and constructive interactions.

Goal

Use proper online netiquette, be respectful, fair and responsible when posting online



Action Plan

Scavenger hunt for poor netiquette:

- With an adult, go through a social media platform you or your parents use.
- Find examples that show poor netiquette and convey/portray a negative image.
- Explain why these are poor netiquette behaviours.
- Make a list of acceptable online behaviours.

Consider

- What are the differences between online and face to face interactions?
- Would you behave differently in different online contexts (family, friends, work/colleagues)?
- What impression do you think you give in your social media platforms?

Go further

Some examples of Netiquette rules:

- Use respectful language, inclusive to all, to avoid inadvertently hurting others' feelings.
- What you think is funny, may be very hurtful to others. Remember what you say and share matters.
- Re-read your message before sending, and ask yourself if you would you say the same to the person's face. If not, don't send it!
- Respect yourself and others. Don't share private information and ask for permission before posting or sharing photos.
- Stop the spread of misinformation or rumors, fact-check first.
- If someone says something that hurts your feelings, step away and calm down before responding.
- Netiquette for Kids
- 14 Netiquette rules online students should know



Debrief as a family

- What went well?
- What was tricky?
- What are our next steps?