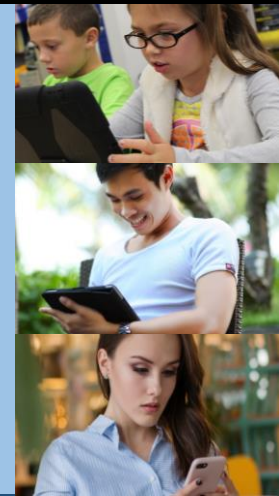




THINK Before You Post



Remember, there is a real person on the other end. A live person, just like you, with emotions, feelings, life stressors and experiences, who is similarly affected by negative comments or even a simple dislike. Depending on their feeling in the moment, resulting from life challenges, negative comments or mental health status, a simple negative comment can trigger someone to the point of taking their life.



Before your post or dislike, STOP and THINK. Ask yourself, is your comment:

- T** **True?** *If not, just ignore and leave site!*
- H** **Hurtful?** *If so, just ignore and leave site!*
- I** **Illegal?** *If so or unsure, just ignore and leave site!*
- N** **Necessary?** *If not, just ignore and leave site!*
- K** **Kind?** *If not, just ignore and leave site!*

teen line Teenlineonline.org or call **800-852-8336** or text **TEEN** to **839863**

988 SUICIDE & CRISIS LIFELINE 988lifeline.org or call or text **988**



Pro Consumer Safety
ProConsumerSafety.com/healtheducation.html

