

# Golden Rules of Happy Messaging 😊



## BE KIND! This means:

- Being positive about peoples' appearance (if I can't say something nice – say nothing)
- Showing concern and care (might be better on private message rather than on a group)
- Avoiding commenting on situations which are not directly involving you either in real life or chat
- Avoiding relaying information you “heard”
- Avoid repeated calls or message to one person – if they don't reply it is because they are busy or they don't want to reply right now.
- If you are being overwhelmed by group chats you can silence this for 8 hours or longer and you can read them later if you want to.



## What if someone is unkind to me?

- Don't reply
- Screenshot
- Leave the chat
- Block them from your phone if appropriate
- Speak to an adult at home if you are upset

## What if I am in a group with others and I am also in a group with someone else who I have blocked?

- That is your choice if you are in a chat group with someone who you have previously blocked.

*Consider a parent/teacher reading the messages you sent – would this make you cringe or feel ashamed?*

**Take time** to send messages – if we are being reactive we are more likely to say something we regret – give yourself 10 seconds before sending a message and read it back. We might even say something which we didn't mean to sound upsetting but when we rethink we can think how it is being misinterpreted.

We should take the time to lift each other higher – not to cut each other down with words or appearance. We feed the problems people have about their appearance and self-confidence by joining in with this – even if we feel it is in self-defence or it was a “joke”.

Avoid involving siblings in your group chats – keep your friendship group separate and speak to an adult at home if you have concerns about any message you have received. Adding in extra people can often make things become a case of taking sides which escalated a situation.