

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# CELL PHONE MANNERS

We use cell phones often as a form of communication with others. Even when we might just be texting or messaging others through social media, this is still a way to communicate and important rules still apply! Here are some social rules you should consider when using your cell phone:

**#1 Be mindful of what you text.** Once you text or post something, it can be out there forever. Even if you delete it, someone else might already have a copy of it. Think about it before you text.

**#2 Avoid over-texting.** If someone doesn't reply to you right away, give them time. You shouldn't text them 30 times trying to figure out why they haven't responded. It's can be considered rude and even annoying to text someone over and over.

**#3 Don't take photos without permission.** Sometimes people don't want their photo put online or even taken at all. Respect others by asking permission before you take a photo and post it anywhere.

**#4 Give wait time if you're upset.** When we are upset, we are more likely to say or text things we don't really mean. If you're angry or upset about something, put your phone away for a bit. Come back to it when you're in a better place.

**#5 Avoid walking and texting.** There are actually cases of people getting injured because they were walking and texting without looking where they were going. If you need to text someone, stop somewhere and do it. It's rude for you to walk and not pay attention to what's going on around you.

**#6 Lower your voice in public.** If you are calling someone in public, lower your voice so that you can have a private conversation. You probably don't want others hearing your discussions, and others don't want to hear it either.

**#7 Be able to put the phone away.** If you're having a serious conversation with someone or you're having dinner with your family, you should be able to put the phone away.

Which piece of advice is most important? Why?



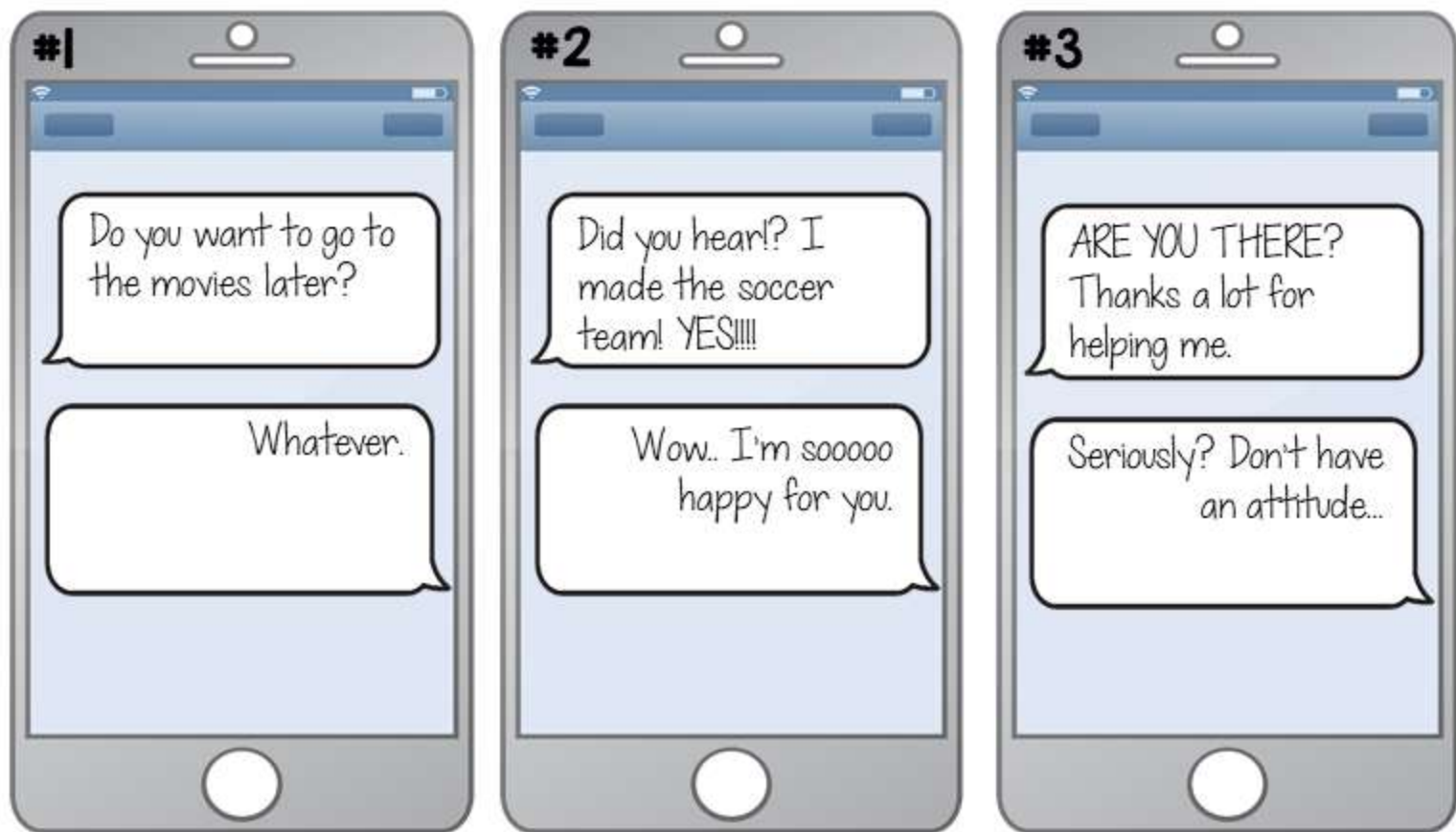
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# INTERPRET THE TEXT

When we talk to each other, we can hear the tone of voice and see another person's social cues. These can help us interpret what the person meant. However, those cues are not there when we text! For that reason, sometimes words can be interpreted, or understood, in different ways.

Read each text and determine different ways that someone could interpret that message. Discuss what someone could do to help communicate their message more clearly.

**Conversation #1****Conversation #2****Conversation #3**



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# THINK BEFORE YOU TEXT

Just like thinking before we speak, we need to think before we text, too! That's because once that text goes through, you can't take the words back. Sometimes the text comes across differently than how you meant it, too.

Here are some strategies to help you think before you text:

**#1 Think about what you want to say.** Actually think about your message before you pick up your phone. Imagine you are saying it to the person face-to-face and that can help you find the right words. Don't say something in text you wouldn't face-to-face.

**#2 Reread the message.** Before you send a text, just reread it and ask yourself if it's saying what you really mean. Just an extra glance can help you get your message across clearly and in the right way.

**#3 Avoid texting with strong emotions.** If you are upset about something, avoid texting that person until you've calmed down. That will help you get your feelings under control so that you can make better choices.



## ----- THINK ABOUT IT! -----

What are some reasons why it's helpful to stop and think before you text? How is this similar to stopping to think before you speak? How is it different?

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# A POST OR TEXT LASTS FOREVER

When you text, message, or post something it lasts forever. Even when you delete a text or image, another person might still have it on their phone or e-mail. Worse, they could have already sent it to someone else. For those reasons, it's really important to stop and think before you send a message or post on social media.



Here are some questions to ask yourself before posting or texting:

**#1 Does this reflect who I am as a person?** Consider if what you're about to post or text relates to who you are as an individual. It should be in line with your personal values and beliefs. If it's not something you would be proud of, don't bother posting it at all.

**#2 Could this hurt someone's feelings?** Consider if the post is mean, hurtful, or just gossiping. If so, there is no reason at all to put it out there. Keep in mind that even if you are just sharing those negative thoughts with a friend, someone could easily take a screenshot and send it along to someone else.

**#3 Could this embarrass me or someone else?** Think about how you would feel if a parent, grandparent, teacher, or best friend saw what you were about to send. If you don't feel right about it, trust your gut and don't send it.

**#4 Would this look bad in front of a future employer?** It might be hard to think about this far in the future, but someday you will be applying to colleges and going on job interviews. In today's society, many employers search your name to see what comes up. Once you post something of yourself or someone else, it could be out there for good.

----- THINK ABOUT IT! -----

What are some possible outcomes if you post or send something that you're not proud of?