

 Write

Before

Posting

# WAYS TO USE THESE PRINTABLES

- Use them to help you work through your thoughts, feelings and ideas.
- Use them to create something before you consume by mindlessly scrolling.
- Use them as a space to brain dump and get thoughts and ideas out of your head.
- Use them to map out how a chat might go. (You never really know what someone will say, but it can help you with your own responses.)
- Use them as a reminder to take breaks from technology and screens with a digital detox.
- Use them so you are only posting and commenting things that you wouldn't mind seeing on the front page of a newspaper or being shared virally on TikTok.
- Use them in whatever way works for you. They are your pages after all and no one else ever needs to see it if you don't want them too.



# Write Before Posting

When something happens online that makes you sad, mad, devastated, angry, jealous, envious or another big feeling, take a few minutes to fill out these pages before posting something online.

Here's what happened:

Right now I feel like:

What I want to say/do is:

Read what you put above and check then next page for a few options.



Let's talk options.

Pick any that work for you right now:

- ☐ Post what you wrote on the previous page.
- ☐ Walk away for a while.
- ☐ Take 5 deep breaths (or more) to allow you think clearly.
- ☐ Talk with a trusted adult.
- ☐ Talk with a trusted friend offline or on a phone call.
- ☐ Punch your pillow.
- ☐ Move your body. (Movement of any kind can help.)
- ☐ Try a digital detox.
- ☐ Brain dump or create something
- ☐ Something else \_\_\_\_\_

Whatever you decide, make sure you are making a decision from a clear head and not one clouded by emotions. You drive what you post and how you respond, not your emotions.

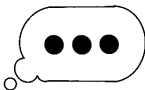
Things to remember:

- Once you post/comment online you can't completely delete or erase it.
- You can take time to make the right decision for you.
- Post and comment things that you wouldn't mind seeing on the front page of a newspaper or being shared virally on TikTok.



# Conversation Map

Remember, you can't know what someone else will say, but you can think about your responses to different things.

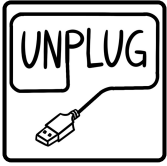




# Create Before Scrolling

Take some time to create something before you start scrolling  
and consuming content from others.

Write, draw, doodle, sketch, anything you like!



# Digital Detox Reminder

You need to balance time online with time offline.

Pick a digital detox suggestion to try.

- ☐ Set a screen time limit for yourself
- ☐ Take a walk. .
- ☐ Play a board game.
- ☐ Paint/Draw/Sketch in a notebook. (Or this journal!)
- ☐ Build something with your hands.
- ☐ Declutter your space.
- ☐ Read a physical book.
- ☐ Sit outside without headphones.
- ☐ Cook something.
- ☐ Mute app notifications

## AFTER YOUR DIGITAL DETOX

Check in with yourself.

How do you feel after taking some time away from  
your digital device?



# Brain Dump

Write, draw, or sketch anything you want here.

Don't know what to write? Start with "I don't know what to write" until something else pops in your head then write that.