



# How 2 INFORM

#H2I is #How2**INFORM**



Use **INFORM**  
to deconstruct online content

## *The #H2I Social Media Pledge*

- I agree to be a conscientious member of the Internet community.
- I agree to pause & think before automatically sharing posts & other content.
- I agree to question all material I see, including content shared with me by my family & friends.
- I agree to remain skeptical about online claims & messaging until I verify it with reliable & credible news sources.
- I agree to consider other people's feelings regarding content I see & share.
- I agree to use **INFORM** and/or other tools & resources to fact-check memes, posts, & other content before sharing it with others.
- I agree to not share material that I do not verify as true and/or could hurt others.
- I agree to share these tips with others to help stop online harm.
- I agree to stand up against harmful online images and messaging.
- I agree to unfollow and/or block harmful content creators.
- I agree to report harmful online content where & when necessary.

Adapted in part from Parry Aftab's The Megan Pledge & Elk Grove Unified School District's #UnfollowBullying Pledge.

*Please help us make the Internet  
a better place for all.*

*Take the pledge today!*