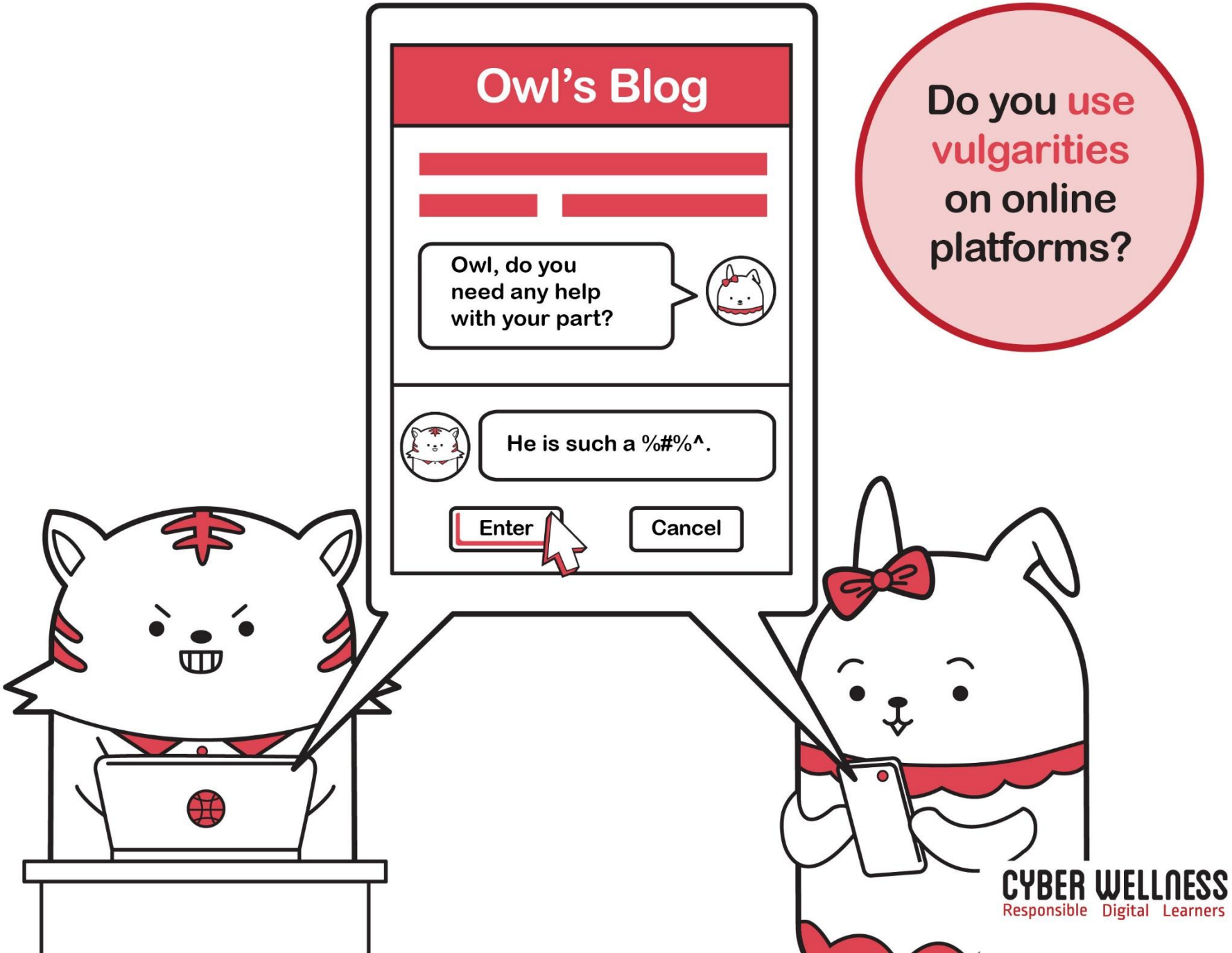
# EXPRESS YOURSELF APPROPRIATELY ONLINE

CYBER WELLNESS
Responsible Digital Learners


Owl's Blog
Owl, do you need any help with your part?
He is such a %#%^.
Enter
Cancel
Do you use vulgarities on online platforms?
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I feel more confident when I'm pretending to be someone else.
Do you pretend to be someone else online?
Friend Book Account
Name:
OWL
Age:
12
About Me:
Delete
Save
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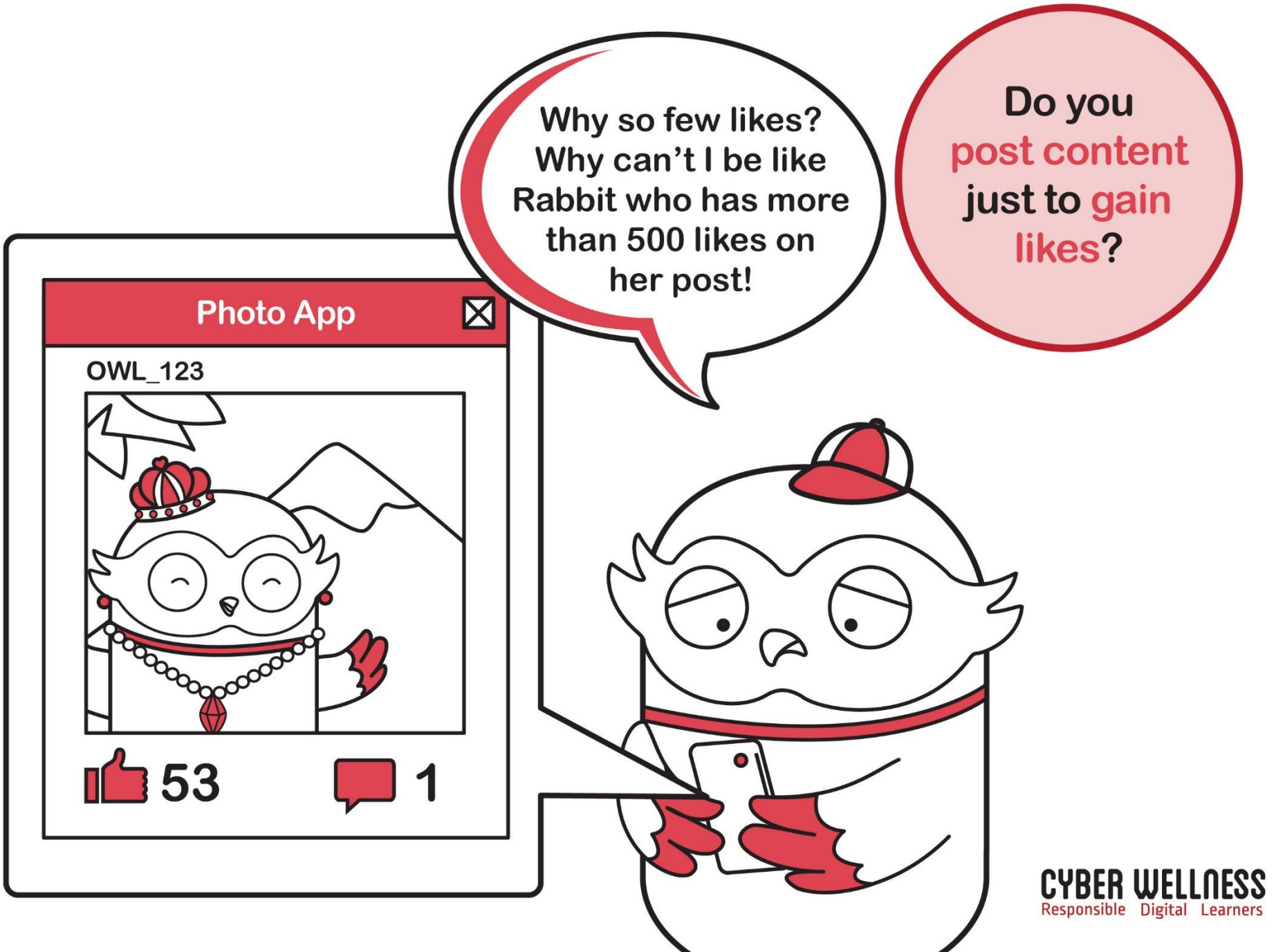
Why so few likes? Why can't I be like Rabbit who has more than 500 likes on her post!
Do you post content just to gain likes?
Photo App
OWL_123
53
1
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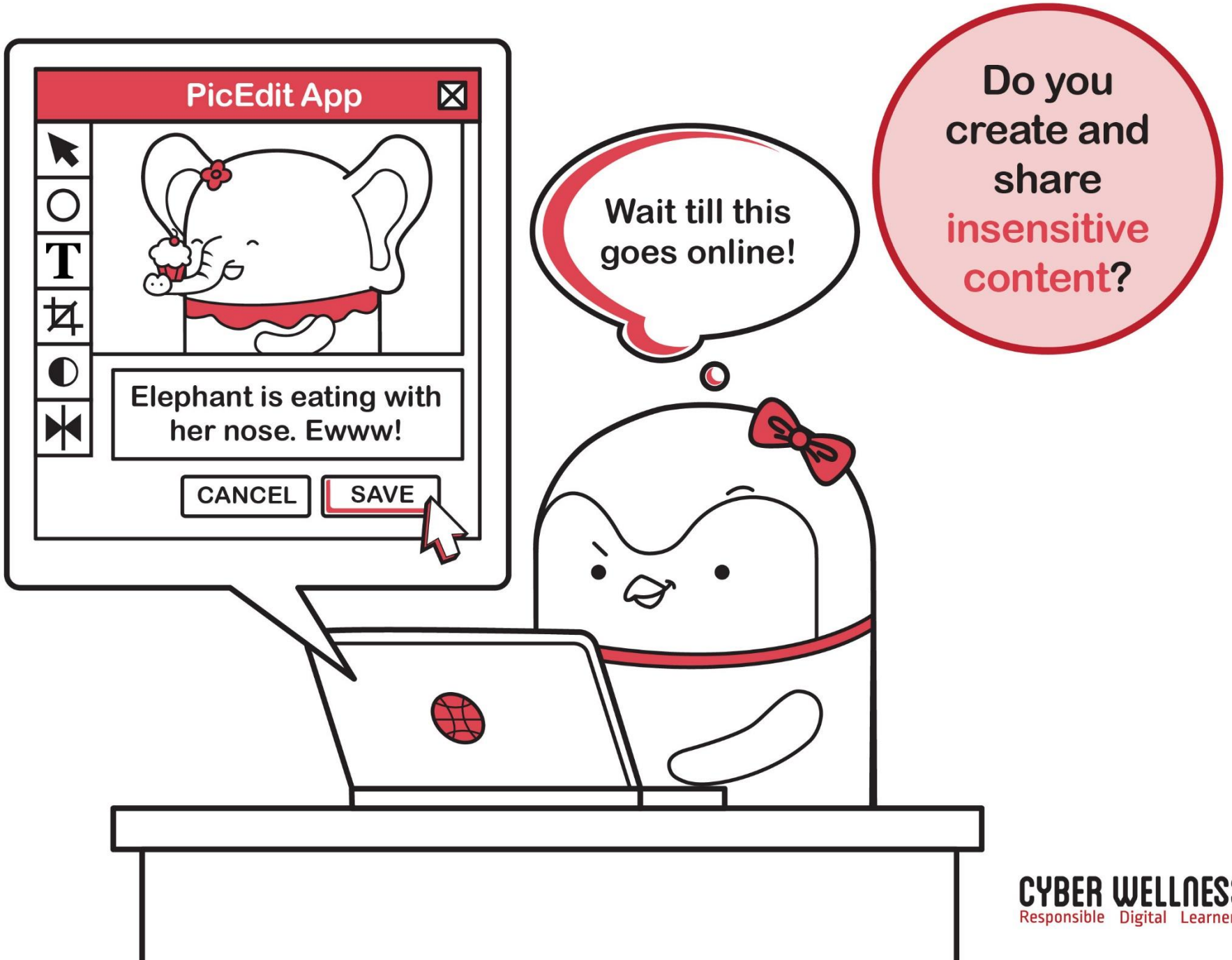


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# DO YOU EXPRESS YOURSELF APPROPRIATELY ONLINE?

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**CYBER WELLNESS**
**FRAMEWORK**

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# EXPRESS YOURSELF APPROPRIATELY ONLINE!

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# THINK before you post

I should not use vulgarities.

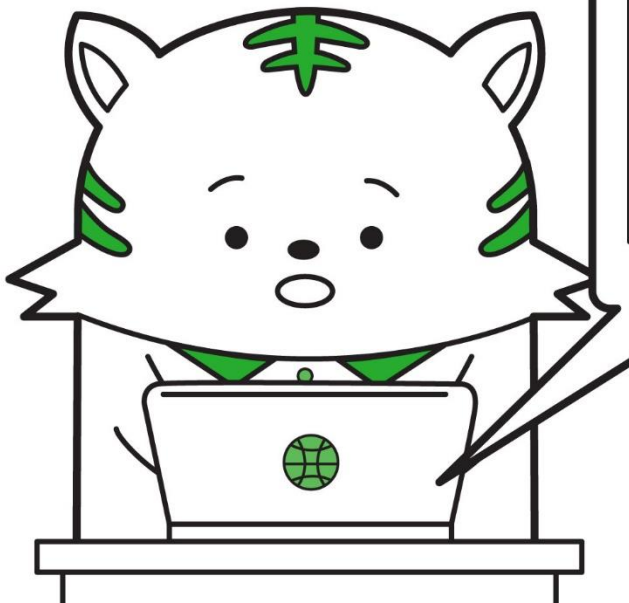
Owl's Blog

Owl, do you need any help with your part?

He is such a %#%^.

Enter

Cancel



## Is it

**T**rue
**H**elpful
**I**nspiring
**N**ecessary
**K**ind?

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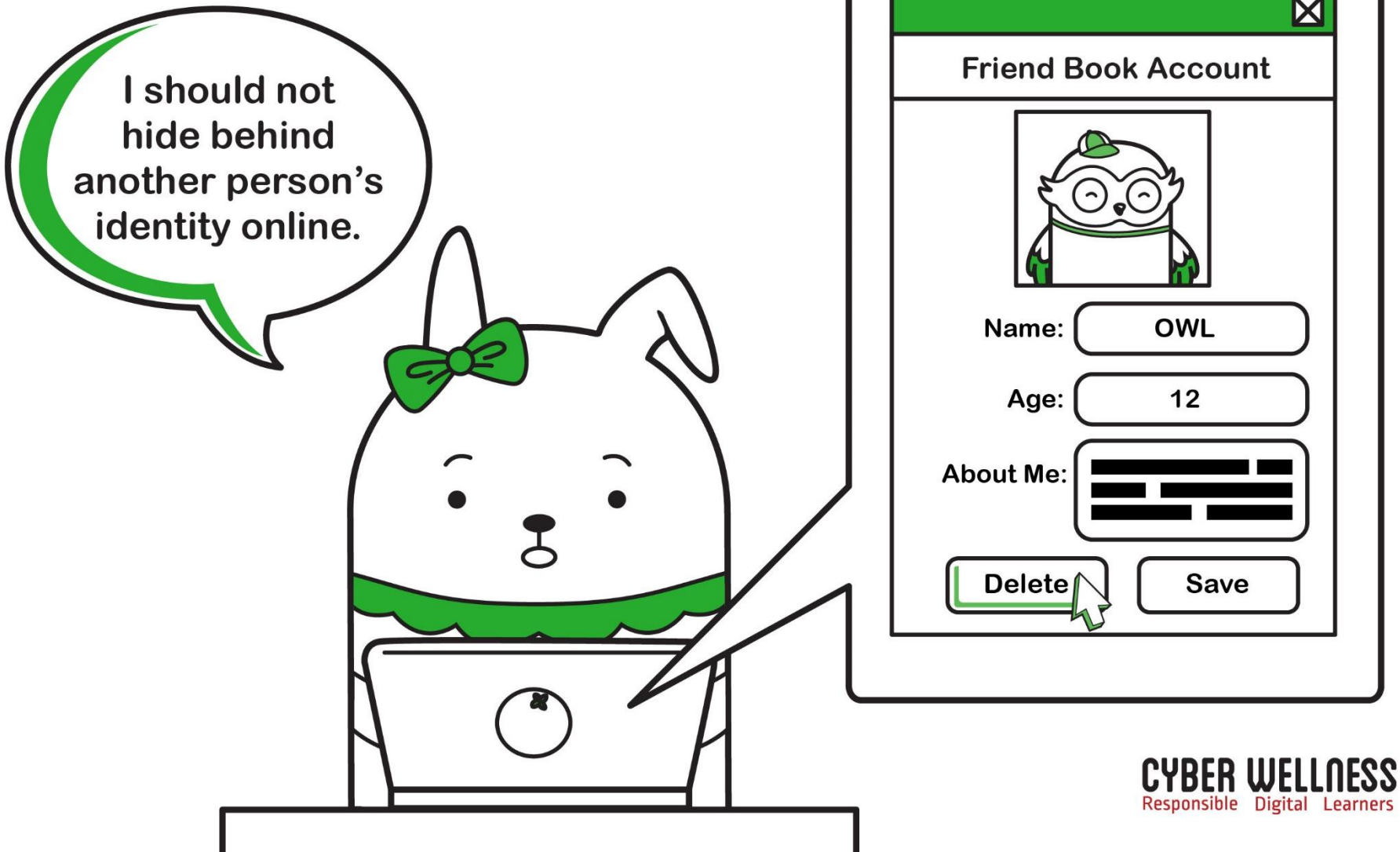
# Express yourself authentically online

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# Refrain from comparisons and seeking validation online

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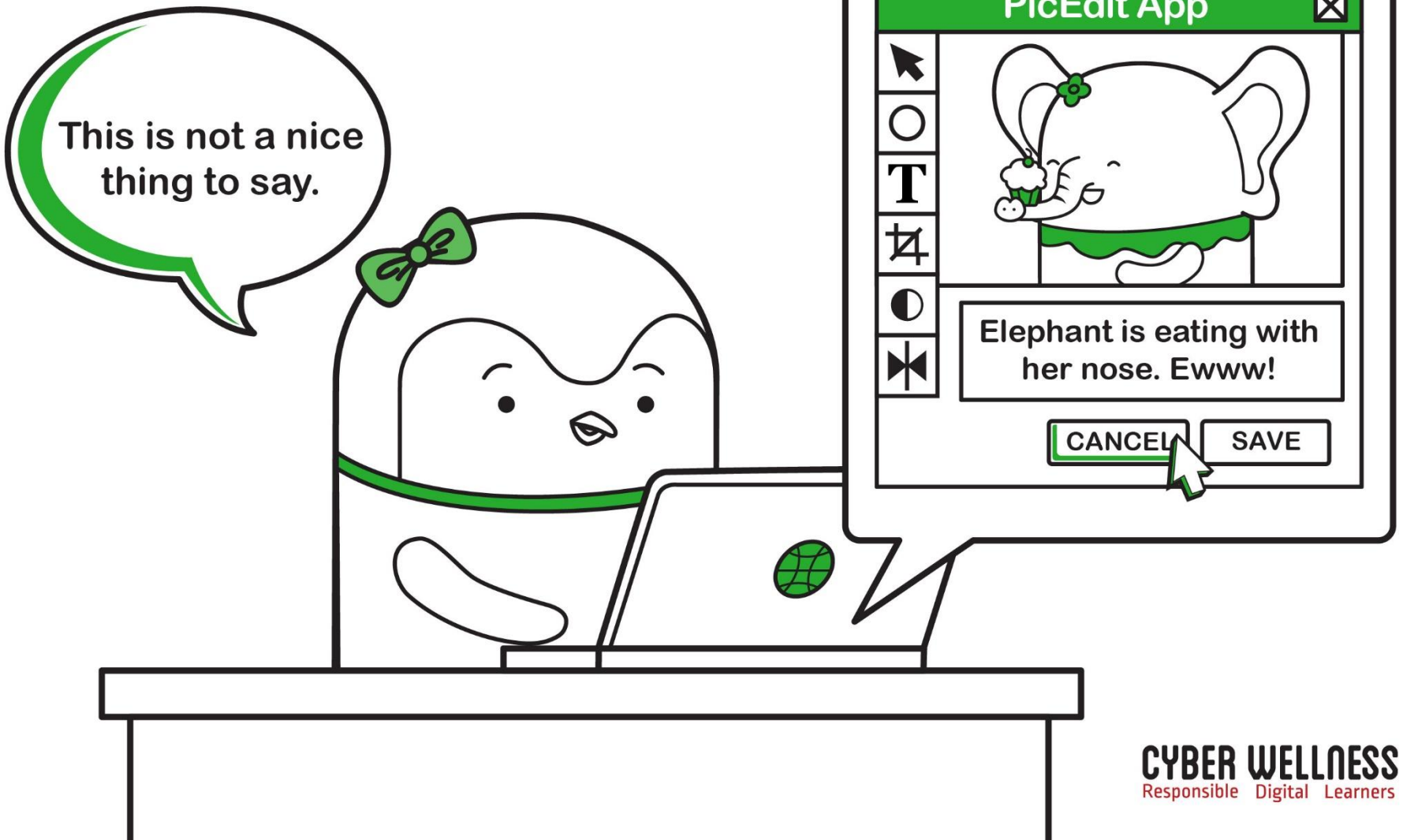
# Share healthy and positive content with one another

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# 4 TIPS

## to express yourself appropriately online!

THINK before you post

Express yourself authentically online

Refrain from comparisons and seeking validation online

Share healthy and positive content with one another

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# “Express Yourself Appropriately Online!”

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