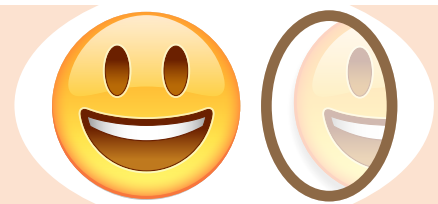


# IT DOESN'T OWN YOU

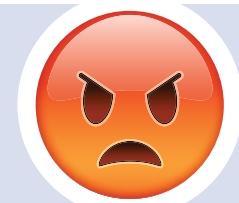
## Your Healthy Digital Life

Before you post, think about how it might reflect on you



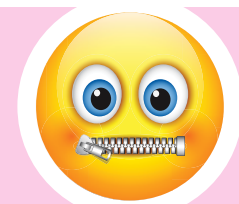
Be kind & mindful that there's a real person behind the screen

Take a break if you get angry & wait before you respond



Talk it out in person if you have a conflict with someone you know

Respect other people's privacy when you share things digitally



Know when to leave your device alone & balance time offline

Think Critically. Use technology to connect & create in positive & powerful ways.