TELUS Wise®

Post or pause?

Grades: 6 to 8

Sometimes, when we're texting, posting or commenting online, we act quickly without thinking about how our message might make someone else feel. This activity will help you slow down and think before you post.

In this activity, you'll learn how digital messages can impact others, and practice making thoughtful choices before posting or sending messages.

Instructions

Read each message below. Imagine you are about to post it online or send it in a group chat.

For each message, decide when you should:

- **POST** – if it's kind, respectful and safe to share
- **EDIT** – if it could be okay to share but needs changes
- **PAUSE** – if it could hurt someone or cause problems

Circle your choice and explain why.

Scenarios

1. "Why do you always dress like that?"

POST   EDIT   PAUSE

Why did you choose this option?

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2. "That presentation was actually really good 👍"

POST   EDIT   PAUSE

Why did you choose this option?

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3. "Everyone thinks this is weird 😂"

POST   EDIT   PAUSE

Why did you choose this option?

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4. "You weren't invited because it would've been awkward."

POST   EDIT   PAUSE

Why did you choose this option?

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5. "I'm feeling left out and could use a friend today."

POST   EDIT   PAUSE

Why did you choose this option?

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Reflection

Which ones made you stop and think?

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How could pausing before posting help prevent cyberbullying?

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What is one way you can help make online spaces more respectful?

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