Supporting Conversations

Pause Before Posting

UNSAFE PERSON

PUBLIC

POLICE

PRINCIPAL

PARENTS
(Include Grandparents and other peoples parents)

Pause before you share words, photos and videos. Think about who might see or hear them, now and in the future.
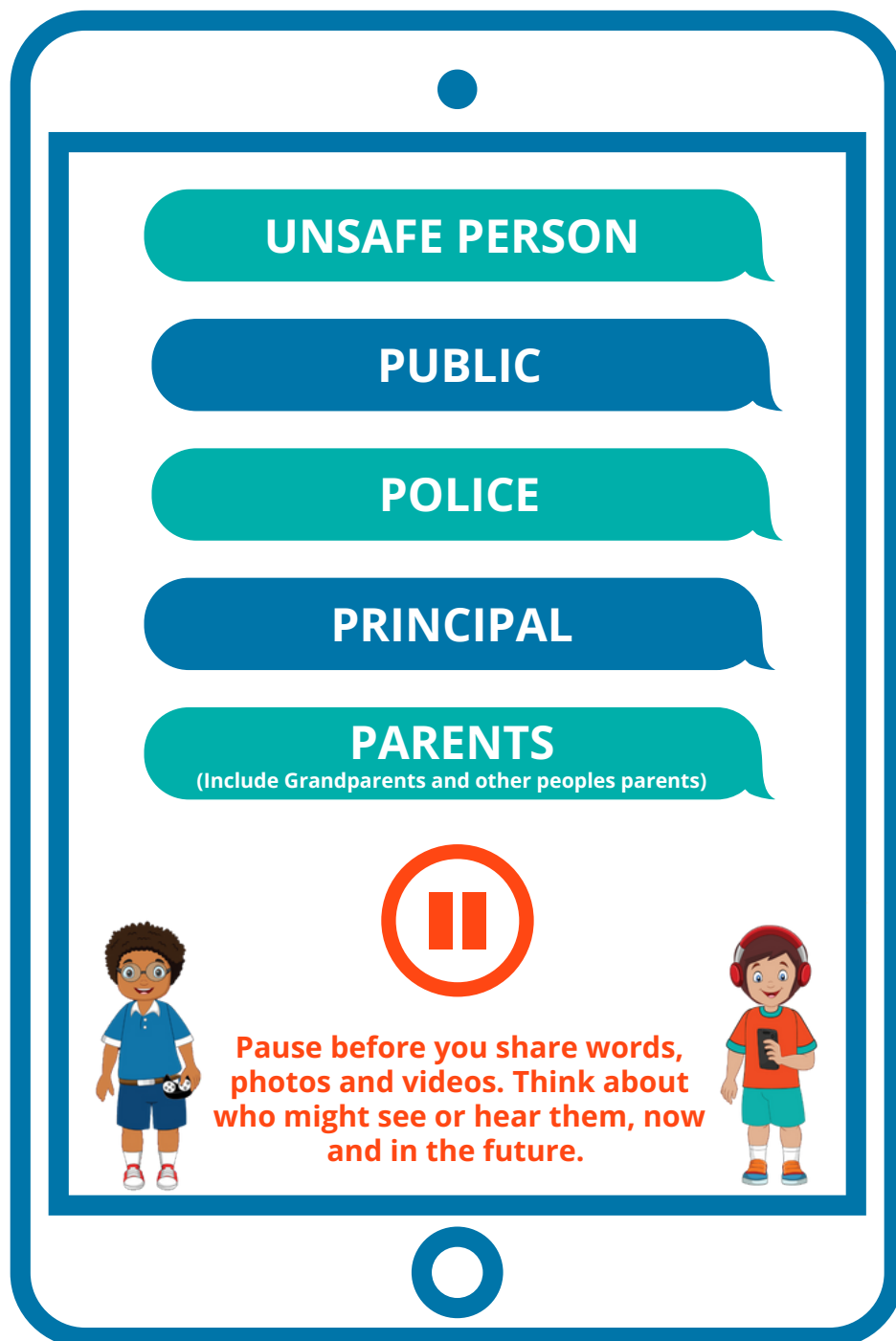
Encourage children to pause before they share words, photos and videos. This is particularly important if something has been triggering for them (upset, angry, annoyed). If we **react** and reply immediately, we may say or do something we later regret. If we pause then decide to **respond**, or not, we can limit impulsive behaviour that may result in unintended consequences.