

Cheat sheet for online life.

Nobody is watching the comment section, and that is why it counts.

Not every hardship is a test, and nothing here is graded.



Don't join the pile-on.

When a crowd turns on one person, you don't have to defend them and you don't have to add a line. Scroll past. Not piling on is a real act, and it takes five seconds.



Pause before you reply in anger.

Write the reply, then leave it unsent for ten minutes, or until you've had a glass of water. If not, delete it or soften it.

ASK "Would I say this to their face?"



Correct a friend in private.

If a friend posts something wrong or unkind, message them instead of replying in public. People can change their minds more easily when no audience is watching.

SAY "Hey, I think this one's off. Can I show you why?"



Check before you share.

Before you pass something on, open it, read past the headline, and ask who made it. If you can't tell, leave it. Say, if someone asks: "I couldn't confirm it, so I didn't share it."



Reach out to someone who seems to be struggling.

If a friend goes quiet or posts something heavy, send a private message. If they mention hurting themselves, encourage them to call or text 988 in the US, or to visit findahelpine.com elsewhere, and stay with them if you can.

SAY "I noticed you've been having a rough time. I'm here if you want to talk."



Give credit, and answer an honest question kindly.

Name the person whose idea, photo, or joke it was. When a stranger asks a real question, even a basic one, answer it plainly.

SAY "Good question. Here's how I understand it."



Block and mute without guilt.

If someone is harassing you or making you feel unsafe, block, mute, report, and save the evidence if you need it. Protecting yourself is not unkind, and you owe nobody your attention.

IF YOU ONLY DO ONE THING THIS WEEK

Skip one pile-on, send one private message, and put the phone down to do one kind thing offline.

Your safety comes first. You don't have to respond to anyone who frightens or harasses you. If you or someone you know is in crisis, call or text 988 in the US. Elsewhere, findahelpline.com lists services by country.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.



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A free message about how we treat each other. Nothing to buy, nothing to join. One person's hypothesis, not advice. Woodcut images were made with AI tools; the words are Keith Adler's. Share freely.