



Sharing Emotions



Happy, sad, angry, scared... emotions are reactions to how something or someone makes us feel and can change very quickly. Some emotions are positive, while others make us feel bad. We all share and display our emotions in different ways.

Sharing our emotions online may draw a large amount of attention to us, both good and bad. It may also hurt other people. Think about experiences that make you feel excited, jealous, proud, disappointed and more. Then, think about the best places and ways to share those emotions. Remember, the Internet doesn't forget; what we post and share there is permanent, and we can't erase it!

Instructions: Review the examples below and determine if it would be safe to share the statement or picture online. An example has been done for you.

My sister is so rude! I hate her right now!

SAFE

UNSAFE

YOUR TURN!

- | | | |
|---|------|--------|
| 1. My team won the baseball championship game! | SAFE | UNSAFE |
| 2. It's my 10th birthday! At the pool in Des Plaines... come hang out! | SAFE | UNSAFE |
| 3. Grrrrr! My parents are SO boring. They NEVER let me do ANYTHING fun! | SAFE | UNSAFE |
| 4. Pictures of you in your bathing suit with the caption "Looking Good!" | SAFE | UNSAFE |
| 5. We had the best vacation ever!! Thanks, Mom and Dad. 😊 | SAFE | UNSAFE |
| 6. Joe always gets A's. He's such a teacher's pet. Hate him! | SAFE | UNSAFE |
| 7. Excited to be back at school with all my friends & teachers! Missed you. | SAFE | UNSAFE |
| 8. A back-to-school picture with the caption "Glad to be back!" | SAFE | UNSAFE |
| 9. Ugh, I hate being home alone... always freaks me out! | SAFE | UNSAFE |
| 10. Wayne is terrible at basketball!! LOL... AIRBALL 😬 | SAFE | UNSAFE |

For the statements above that you determined were *unsafe*, identify a safer way you could share the information.

Example: Instead of posting about your sister being rude and hating her, you could journal about how upset you are or talk to a trusted adult about why you are upset.

Statement #	Safer way to share (such as text to close friends/family, face to face, journal/diary)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Tip: Always keep settings on **private** and communicate online only with people you already know offline.

