Hate No More - Facts to the Core!

CODE OF SAFE COMMUNICATION



Think Before You Speak or Post

Don`t:

- **Post or say something just because you are emotional.**
- **Share rumours or unverified information.**
- **Write something online that you would never say face-to-face.**

Do:

- **Think about how your words may affect others.**
- **Check the information before sharing it.**
- **Ask yourself: Is it true? Is it necessary? Is it respectful?**
- **Take a moment before responding when you are angry.**

Rule: Pause → Think → Communicate.

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Respect Different Opinions



Don`t:

- **Insult someone because they disagree with you.**
- **Mock someone’s background or opinion.**
- **Force people to accept your point of view.**



Do:

- **Listen actively.**
- **Ask questions instead of making assumptions.**
- **Respect another person’s right to disagree.**
- **Discuss ideas rather than attacking people.**

Use Kind and Inclusive Language

Don`t:

- **Use offensive stereotypes.**
- **Make jokes about someone’s identity or appearance.**
- **Use discriminatory or hateful language.**
- **Exclude someone intentionally.**

Do:

- **Use polite and neutral language.**
- **Include everyone in conversations.**
- **Be careful with jokes and sarcasm.**
- **Consider how your words might sound to someone else.**

Remember: A joke is not harmless if it hurts or humiliates another person.

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Protect Personal Information



Don`t:

- **Keep passwords private.**
- **Think carefully before sharing photos or personal information.**
- **Ask permission before posting someone else’s photo.**
- **Use privacy settings on social media.**



Do:

- **Share someone’s phone number, address or private messages without permission.**
- **Send sensitive information to strangers.**
- **Share your passwords with other people.**
- **Post private conversations publicly.**

Your privacy and other people’s privacy both matter

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Stop Hate Speech & Bullying



Don`t:

- **Join an online attack.**
- **Share humiliating content.**
- **Encourage others to bully someone.**
- **Respond to hate with more hate.**



Do:

- **Report abusive or hateful content.**
- **Support people who are being bullied.**
- **Save evidence if online harassment continues.**
- **Tell a trusted person when you need help.**

Don’t be a bystander — be part of the solution.

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Communicate Responsibly Online

Don`t:

- **Spread fake news or rumours.**
- **Share edited images as facts.**
- **Trust every post or video immediately.**
- **Share information only because it is popular.**

Do:

- **Check sources before sharing information.**
- **Read beyond the headline.**
- **Check the date and context.**
- **Correct yourself if you share something wrong.**

STOP → CHECK → THINK → SHARE

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Handle Conflicts Peacefully



Don`t:

- **Shout, insult or threaten.**
- **Interrupt constantly.**
- **Bring up unrelated personal problems.**
- **Continue an argument just to “win”.**



Do:

- **Stay calm.**
- **Listen to the other person.**
- **Explain your feelings clearly.**
- **Focus on finding a solution.**
- **Take a break if emotions become too strong.**

The goal of communication is understanding, not winning.

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Digital Footprint & Responsibility



Don`t:

- **Post offensive content just for attention.**
- **Share embarrassing content about others.**
- **Assume that “private” always means completely private.**
- **Write things online that could seriously harm someone.**



Do:

- **Think about your future before posting.**
- **Present yourself responsibly online.**
- **Delete harmful or unnecessary content when possible.**
- **Remember that screenshots can preserve messages.**

Before posting, ask: “Would I be comfortable if everyone saw this?”

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10 GOLDEN RULES

1. **Think before you speak or post.**
2. **Be respectful.**
3. **Listen to others.**
4. **Respect different opinions.**
5. **Use inclusive language.**
6. **Protect privacy.**
7. **Check information before sharing.**
8. **Never support bullying or hate speech.**
9. **Solve conflicts peacefully.**
10. **Take responsibility for your words and actions.**

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"COMMUNICATE WITH RESPECT. THINK BEFORE YOU POST. MAKE EVERY CONVERSATION SAFER."

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