

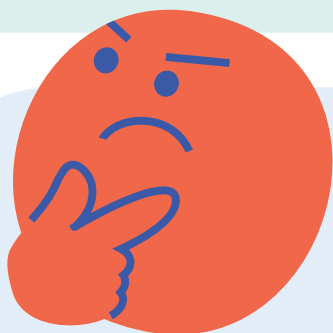
Act with aloha

Treat others online as you would in person – with kindness, empathy and respect.



Listen to yourself

Your mental health matters. Take breaks from social media, and if you're feeling overwhelmed, reach out to trusted friends or family.



Own your impact

Pause before you post, comment, or forward. Ask yourself: Is it true? Is it helpful? Is it kind?



Help when you see harm

Stand up, don't scroll by. If you see online bullying or hurtful content, say something.



All of us, together

Creating a kinder, safer internet is everyone's kuleana. We each have a role in building better online communities.



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