



## Digital Engagement

# Being Inclusive Online

## ACTIVITY

Online spaces are a reflection of us, and only we have the power to decide to be inclusive and create a positive online community. Take one action today!

- ▶ Reflect on the following questions: How do you treat your friends online? How do people treat you online? Do you think you have appropriate boundaries online, or have you ever felt pressured online e.g., to like something, or to view something?
- ▶ As you know, being online and on social media platforms can be both positive and negative.
- ▶ Think about what certain online spaces look and feel like:
  - ▷ Are there some online communities that make you feel more welcome and supported? What are the reasons for that?
  - ▷ Are there some that make you feel more anxious or less comfortable? What are the reasons for that?
  - ▷ Now that we have an understanding of what positive communities online look like and feel like, let's brainstorm ways that we can be a positive force in online platforms.
- ▶ Reflect on the positive communities you're in, and make a list of ideas about how you can be more inclusive and kind to others online.
- ▶ Now review your list and identify one thing you can do today. Try to take that action today. Continue with one action each day this week.
- ▶ **BONUS:** Think about how you might encourage others to be more inclusive and supportive online.
- ▶ **OPTIONAL:** You can even post your ideas to the Beyond Differences' Facebook Page, or tag Beyond Differences on Facebook, Instagram or Twitter with a caption that includes the hashtag #BeKindOnline.

**SOURCE** This activity was modified from the [#BeKindOnline](https://www.bekindonlineday.org) educator curriculum from Beyond Differences <https://www.bekindonlineday.org>