

Principles for Internet Use

1. Self-education

- ❖ Identify the distinction between information and education. The internet can only give you information, it cannot teach, a human is still involved at some stage of the process. The internet is a tool, and its use is beholden to the user.
- ❖ There are inherent biases associated with information found online. One needs to place the information they receive within a broader context.

2. Compassion and Etiquette

- ❖ Teach people how to 'self-protect' against anonymity and nastiness online
- ❖ Self-discipline in how you approach internet use and engagement
- ❖ Engage others in a discussion surrounding the language of 'compassion' and 'respect' online
- ❖ Providers (social media platforms etc) need to take responsibility for the rules governing their platforms

3. Social Media Usage

- ❖ Access to envy □ Saturation of one's ability to access and compare themselves with unrealistic images and lifestyles
- ❖ Lack of education pertaining to how to deal with seeing stylized, filtered images on a daily basis
- ❖ Who are you following and paying attention to? What values do they espouse?

4. From Individual to Community Thinking

- ❖ 'E'-Community of Practice targeted at internet usage and online collaboration
- ❖ Sharing good deeds, acknowledging those that make their communities a better place (eg: people taking selfies of trash heaps they've cleaned up)
- ❖ How to overcome echo-chambers □ more forums for open discussion
- ❖ Be more vigilant monitoring the credibility of information which appears on your screen
- ❖ Global websites/forums with automatic translation to foster greater international cohesion and understanding

5. Balancing Online and Offline Worlds

- ❖ Create a distinction between 'online' and 'offline' and contemplate how the intersection of these realms can add value to one another
- ❖ Use the same online etiquette as you would offline
- ❖ Define individual limits on usage, what works for some might not work for others
- ❖ Time use not waste
- ❖ Recognizing when being online is being productive versus for vanity. Are you adding value to your life or trying to find an escape from boredom?
- ❖ Identify specific times for disconnect (family time, certain days or times, etc)