

Technology can be a cool thing in a relationship!

- Text caring and thoughtful messages.
- Send shout-outs or birthday wishes.
- Post a photo on favorite show, artist, or activity.
- Post an event inviting friends/family.
- Snapchat a funny picture of yourself doing an activity you love.
- Raise awareness about an issue that matters to you!

Technology is meant to enhance your social life, not consume it. For more information on technology and relationships go to www.thatsnotcool.com

Where to get help

If someone is in immediate danger, call 911.

If you or a friend might be in an abusive relationship, talk to a parent/caregiver, school counselor, an adult you trust, or a domestic or sexual violence program.

Hotline Numbers

National Dating Abuse Helpline

1-866-331-9474 or www.loveisrespect.org to chat online

National Suicide Hotline

1-800-273-TALK (8255)

National Sexual Assault Hotline

1-833-656-HOPE (4673)

LOVEWHAT'SREAL

www.lovewhatsreal.com

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Technology & Relationships



Cellular Relationships

Cellphones are a way to connect in a relationship, just don't let it take the place of face-to-face communication.

Constant Texting

- Not catching the hint that you don't want to text 24/7 – let them know you want some time off the phone or just turn your phone off. Don't let the texts go from caring to controlling!
- Don't let anyone make you feel bad for not texting back right away.
- If you like to text a lot, just ask if they're okay with how often. And, if you ever feel like you are obsessing, give yourself some space.

Textual Harassment

- Participating in texts that embarrass, threaten, bully, or pressure someone is abusive. Never forward or send this type of text.
- End textual harassment. Tell the sender they crossed a line and ask them to stop texting you. If it continues, talk to someone you trust – like a friend, parent, or counselor.

Sexting & Pic Pressure

If you get, send or even show any text or pic that is sexual, be aware that you may be entering an illegal situation. Here are some ground rules:

- #1 Don't ask for it. Never pressure anyone. Privacy is something to be respected.
- #2 Don't take, show, send or forward it.
- #3 If you already have asked for/or sent a sexual-cellular-something, you're not a terrible person. Just realize it wasn't a smart move and don't do it again. Getting in trouble with the law or having the picture hang out in cyberspace forever, isn't worth it.



Online Netiquette

Your online life is a part of who you are, so don't be pressured, disrespected or controlled in any space!

- If you don't know 'em, ignore 'em. Save yourself the hassle of possibly having to get rid of a creeper later.
- Don't post anything you wouldn't want parents, grandparents, teachers, or future bosses to see. Keep it PG. Play nicely. If someone isn't doing the same, unfriend the person and talk to someone you trust. Harassment is never ok.
- Keep settings private. Don't over-share.
- Social media is just one more way to socialize. There is no reason to act like a different person online. Be yourself!
- A perk of social networking – no awkward pauses! So take all the time you want to reconsider what you say in a post, comment, status, message, or tweet.