



WHAT YOU SAY MATTERS.

EVEN ONLINE.



LinaGao

Let's make kindness go viral! Don't forget...

 Think before you post – remember, the internet is permanent.

 Only communicate with people you know in real life.

 You never know what other people are going through.

 If something makes you uncomfortable, tell a trusted adult.

 Protect your brain! Take breaks from screen time and go outside.

from the novel *Finally Heard* by Kelly Yang

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