

YES

- ✓ Join the "CTA Teaching, Learning and Life During COVID-19" closed Facebook group to connect to other CTA members.
- ✓ Continue to exercise common sense and decency. A lot of eyes are on teachers right now.
- ✓ Practice kindness and compassion. Many folks are feeling isolated and social media can be a place to connect with others and show examples of humanity.
- ✓ Reach out to your local chapter president or CTA primary contact staff for answers to your questions and for general support.
- ✓ It may be harder than ever to do a true digital detox, but if social media is not giving you joy, try to find something else that is. Take breaks as needed.

NAH

- ✗ Avoid posting any photos of wine drinking or watching Netflix during this time (it may be misinterpreted as us not working, or working inappropriately).
- ✗ Don't feed the trolls. Folks may be purposely trying to incite teachers during this time by accusing us of not working, that we aren't doing our jobs "right," etc. Ignore, block or delete comments.
- ✗ Don't "react" post. If you see something that is upsetting online, take a moment to think if the comment really needs a response.
- ✗ Avoid posting anything negative about your school or district, even if you don't agree with all their decisions.
- ✗ Don't add to fake news. Do your part to try and verify content before posting.