# Sharing Emotions

Happy, sad, angry, scared… emotions are reactions to how something or someone makes us feel and can change very quickly. Some emotions are positive, while others make us feel bad. We all share and display our emotions in different ways.

Sharing our emotions online may draw a large amount of attention to us, both good and bad. It may also hurt other people. Think about experiences that make you feel excited, jealous, proud, disappointed and more. Then, think about the best places and ways to share those emotions. Remember, the Internet doesn't forget; what we post and share there is permanent, and we can't erase it!

**Instructions:** First, note 2-3 examples of items you'd share online, information best shared face to face and things you may want to simply share privately in a diary or journal.

Then, review the examples below and determine if they would be safe to share via online post, or better shared face to face or privately in a diary or journal. Once you've decided, draw a line to the appropriate method of sharing.

| Online Posts | Face to Face | Private Diary/Journal |
|---|---|---|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

**Below: Draw a line from each statement on the right to either ONLINE, FACE TO FACE or DIARY/JOURNAL.**

**ONLINE**

**FACE TO FACE**

**DIARY/ JOURNAL**

Mr. Doe… you'll regret talking to me that way.

She smells rancid! Somebody please give her deodorant and a shower.

I can't believe HHS won the track meet! U all r amazing!!

A picture of you holding your trophy.
(Think: Is your team/school name on your jersey or the trophy?)

Best. Weekend. Ever.

Dear Parents, Can't stand U! Hate U!

Love my BAE, Sarah.

A picture of you hiking from a recent vacation.

Welcome to the family!! How adorable is he?! (with a picture of your new dog)

Ugh… Joy, I c ur at it again. We all know who u really r.
We see right thru ur lil games.

Straight A's this semester! Yep, I'm smart. 😊

😞 Depressed. 😞

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