B E F O R E  Y O U  
post

A positive online reputation is vital in today’s digital world. Like it or not, your information is out there. You can help to control it and what it says about you. Think before you post: bit.ly/b4-posting

Use the 24-hour rule before posting, allowing yourself a day before posting content that may be questionable and for time to reflect on whether it's a good idea.