**10 commandments of the digital world –**

**How can we live well together on the web**

We live in a digitized world. We have a lot of freedom here, but also responsibility. How we behave and deal with conflicts is an expression of our ethical attitude. It is important to adhere to behavior so that a good, successful life in the digital society is possible.

Understanding the 10 commandments are guidelines that help to appreciate the dignity of the individual, his self-determination and freedom of action.

Let us respect them!



1. Tell and show as little as possible about yourself
2. Don't accept that you are being watched and that your data is being collected
3. Don't believe everything you see online and do your research from various sources
4. Don't let anyone get hurt or bullied
5. Respect the dignity of other people and remember that rules also apply online
6. Don't trust everyone you have contact with online
7. Protect yourself and others from drastic content
8. Don't measure your worth by likes and posts
9. Don't judge yourself and your body based on numbers and statistics
10. Switch off every now and then and treat yourself to a break