Digital Availability Agreements

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Friends have different work schedules.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Negotiate realistic response expectations for texts and group chats.

3. What response window respects everyone?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.