

Morning After Texts

What to send. What to screenshot. What to never say.

Student Edition

If anything feels uncertain – stop texting. Call your parents first.

SECTION 1

Before You Text Anyone

Before your phone comes out, do these four things:

1. Review what you actually remember from last night.
2. Check your phone for messages, photos, and Snapchats from the night before.
3. Check your location history – were you where you think you were?
4. Talk to your roommate or wingman. Ask what they saw.

If anything feels uncertain Stop. Call your parents before texting anyone.

SECTION 2

Text Traffic Light

If she texts you first, read the message carefully before responding.

Text received	What to do
"Had fun last night!" "Hope you're not too hungover lol" "Want to get coffee sometime?"	GREEN Respond normally.
"Can we talk?" "I need to ask you something." "Do you remember what happened?"	YELLOW Be brief. Wait before saying more.
"I don't think I wanted that to happen." "I was really drunk, I don't remember everything." "My friends are saying that wasn't okay." "I'm going to talk to someone about what happened."	RED Screenshot. Do not respond. Call parents.

Yellow light response: "Yeah, I'm good. What's up?" – then wait to hear what she says before saying anything else.

SECTION 3

Safe vs. Dangerous Exchanges

What a safe exchange looks like:

Her: "Thanks for last night "

You: "Had fun! Let me know if you want to hang out again."

Her: "Definitely! Coffee this week?"

You: "Sounds good, I'll text you."

Why this works: both people confirm it was positive. Forward-looking. No ambiguity.

The 'I Don't Remember' Trap

Her: "Do you remember what happened last night?"

"Not really, I was pretty drunk."

"Some of it, why?"

"I don't remember everything."

These responses give her the ability to write your story. Screenshot. Do not respond. Call your parents.

The Apology Trap

Her: "I'm feeling really weird about last night."

"I'm sorry if I did something wrong."

"I'm sorry you're feeling that way."

"I'm sorry, I was really drunk."

Apologies read as admissions. If you want to respond before calling your parents: "I thought we were both okay with what happened. If you want to talk about it, let me know." Then call your parents.

Friend Group Pressure

Her: "My friends are saying I was too drunk to consent."

"I was drunk too."

"You seemed fine to me."

"I'm sorry, I didn't realize."

Screenshot. Do not respond. Call your parents immediately. This is the beginning of a formal process.

The Guilt Trip

Her: "I feel like you used me."

"I'm sorry you feel that way."

"That wasn't my intention."

"I really like you."

If you respond before calling your parents: "I'm sorry you're feeling that way. I thought we were both on the same page." Then stop responding and call your parents.

SECTION 4

Responses to Bait Texts

A quick-reference table for the most common difficult texts.

She texts	Don't say this	Do this instead
"Do you remember what happened?"	"Not really" / "Some of it"	Screenshot. No response. Call parents.
"I think we need to talk."	"What's wrong?" / "Are you okay?"	"Okay, when?" — find out what it's about before assuming anything.
"My friends think what happened wasn't okay."	"I'm sorry" / "What do you mean?"	Screenshot. No response. Call parents immediately.
"I don't remember everything from last night."	"Me neither" / "What do you remember?"	Screenshot. No response. Call parents immediately.
"Did you use a condom?"	"I don't remember" / "I don't think so"	"Yes" (if true) or "I believe so" (if uncertain). Answer briefly and honestly.
"Why did you leave without saying anything?"	"I'm sorry" / "I had class"	"I thought you were still asleep. I tried to be quiet. Everything okay?"

SECTION 5

If You Want to Check In

If everything felt fine and you genuinely want to reach out:

"Good seeing you last night. Hope you got back okay."

"That was fun. Let me know if you want to hang out again."

Keep it: brief, friendly, and forward-looking. Not apologetic unless you have a specific reason to apologize.

Texts to avoid:

Avoid this	Why
"Are you okay?"	Implies something might be wrong.
"I hope I didn't do anything wrong."	Reads as a preemptive admission.
"I hope you don't regret last night."	Plants the idea of regret.
"Let me know if you need to talk."	Implies there is a problem that needs addressing.

If she seems off or distant:

Give her space. Send one message: "You seem like you might need some space. I'm around if you want to talk." If she doesn't respond, leave it.

Do not keep texting trying to fix things. Do not apologize without knowing what you're apologizing for.