Safer Internet Day : rules WB p 14-15

You should respect your followers.

You should ask permission before posting photos.

You should report bad (= unkind) comments.

You should post kind comments. = You shouldn't post nasty comments.

--> You should post kind comments instead of posting nasty comments. (au lieu de)

should / shouldn't + V = pour donner des conseils (= tu devrais...)

instead of + V-ing = au lieu de