



Social Media & The Internet: Tips to Stay Safe and Stay Positive!

How to stay safe on the internet & on social media:

- Do not share your ASL: age, sex, location on social media sites. Do not "check in" on apps like Instagram and snapchat when you go out with friends or family
- Make sure all accounts are set to private and do not accept friend requests from people you do not know or have not met in person before
- Do not take, send, or share sexually inappropriate photos of yourself or others
- Be careful what you post and try to be "light, bright, and polite" on social media
- Be nice and kind to others and do not engage in harassment or cyberbullying of others
- Do not arrange to meet anyone in person you "know" online but do not know in real life
- Share any concerns about your online safety with your parents
- Save any harassing text messages to show to your parents or a trusted adult
- Don't measure your self-worth based on how many likes or comments you get on your posts and pictures
- Do not share any personal information about you such as your phone number, address, or birthday.
- Use a strong password and change it every month, and never share with friends.
- It is OK to ask other people to remove online photos or post of you

How to post positively and making a good impression on social media:

- No party photos! You could lose your chance at a college scholarship, sports scholarship, or college acceptance.
- Be aware of tagged photos. Set up your accounts so that tags have to be approved and remove or ask others to remove tags you don't want.
- Everything you say online is your public diary! Think before you post
- Do not share posts that are complaining, religious, trash-talking or drama related
- Keep post positive, on-topic, and kind. Avoid anything risqué or politically incorrect to make a joke.

What to do if you or someone else is being cyber-bullied:

- Tell your parents or another trusted adult. Talk to someone at your school – a teacher, counselor, coach, or principal.
- Save everything – emails, messages, posts, screenshots. Don't delete until you have a copy. Print them out or save them on our computer or phone.
- Report harassing comments, fake profiles, or inappropriate photos. Social media sites have ways of reporting harassing content. You have a right to feel safe in these spaces.
- Reach out to the person being bullied. Send them a private message letting them know that you don't agree with what's happening, that they don't deserve to be treated like that, and that they're not alone.