HOW TO STAY SAFE ON SOCIAL MEDIA

1

REPORT
If something doesn't feel right on social media, it probably isn't so **report** it and **tell someone**.

2

BLOCK
Block the person or account straight away.

3

BE SAFE
Check privacy settings and change them if needed. Notice the signs and use **safely** next time

Things to watch out for on social media

General:

- It can be distracting/addictive
- It can be a bad influence
- You might spend too much time on your phone
- It can make you lazy

Commercial:

- False adverts
- Scams
- Mobile game ads
- Fake charities/shops
- Chain mail
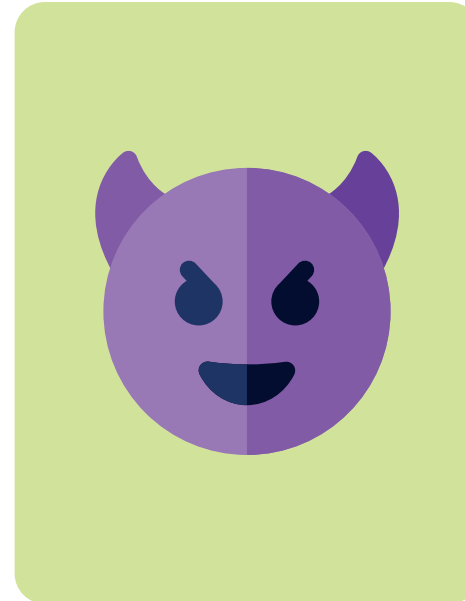- Fake giveaways
- Fake news

Bullying:

- Hate
- Cyberbullying
- Racism
- Anonymous websites
- Nasty group chats
- Drama
- Keyboard warriors
- Rumours

Mental health:

- Peer pressure to keep up
- Destroys mental health
- Insecurity about your body
- Unrealistic standards
- Makes you feel bad inside
- Never see the bad side of the story, everything is always perfect

Other people:

- Strangers
- Grooming
- Stalkers
- Hackers
- Paedophiles
- Catfishing
- Fake accounts
- Fake identities
- Fake friends
- You don't know how old someone really is

Fear of missing out (FOMO):

- Adverts by famous people/ models
- People posting everything they do 24/7 to make people feel bad
- Feeling left out
- Seeing celebrities bragging about what they have

Images and content:

- Images and videos of war
- Unnecessary nudity
- Inappropriate posts
- Abuse
- Sensitive content
- Animal abuse
- Graphic photos (without warning)
- Momo
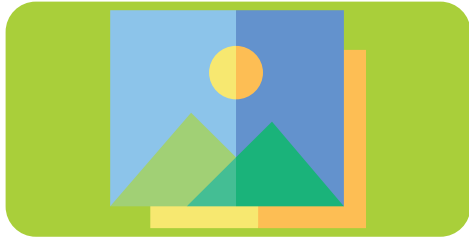- People sending explicit images

But it's not all bad. Remember:

Communication:

- Keep in contact with friends and family
- Communicate with people far away
- Meet new people and friends
- See what friends are up to
- Facetime
- Groupchats

Entertainment:

- Memes
- Dogs
- Music
- Fun
- Entertainment
- Apps
- Snapchat games
- Produce laughter and fun

Photos:

- Record memories
- Share experiences
- Look back on experiences and memories

Inspiration:

- Fashion ideas
- Spread positivity
- Inspiration
- Motivation
- Makeup videos
- Fashion ideas
- Positive influences
- Happiness
- Pride

Collaborating:

- Share your talents
- Share photos of family and friends
- Share ideas
- Share supportive posts
- Look up to people
- Share things you are proud of

Posting your own content:

- Express your identity
- Raises your self-esteem when you get positive comments
- Selfies
- Take pictures with friends

Protecting yourself and others online

What I can control to protect me:

- What I post
- Who I message
- Who I follow
- Who follows me
- If people can comment on my posts
- Who I listen to and respect
- What I comment
- My privacy settings
- How long I spend online
- Location settings
- Block and report people
- What I like and search for
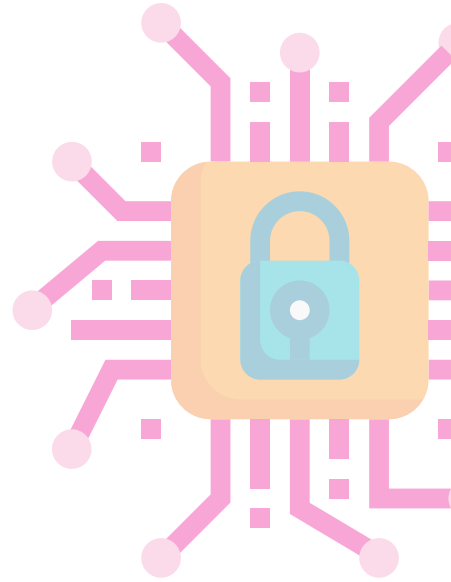
What I can control to protect others:

- Avoid posting stuff that will make them feel bad
- Provide encouragement
- Stick up for them
- Stop them from post inappropriate comments or pictures
- Delete/block/report inappropriate comments
- Offer support if my friends need it
- Keep private conversations private (unless I need to show a trusted adult)