

ATTENTION TEENS AND YOUNG ADULTS!

Be Social Media Smart!

BE CAREFUL OF THESE THREE THREATS:

1

YOURSELF

Remember that the things you post are public and permanent.

2

OTHERS

Not everyone is who they say they are. Not everyone is nice.

3

INAPPROPRIATE SITES

Be careful of sites that are not appropriate and may make you uncomfortable.

- Restrict access to your profiles. Only let people you KNOW follow you.
- Be choosy of online friends.
- Do not agree to meet an online friend in person.

Stick to safe sites

Make a list of allowed websites with your parents.

What NOT to post online:

- Personal information (address, phone number, email address, your location)
- Secrets about yourself or other people
- Embarrassing information or photos
- Mean things about other people

THINK FIRST AND TYPE SECOND! IF YOU'RE STILL NOT SURE, ASK!

Other tips:



Guard passwords and make them hard to guess.



If you see something that makes you uncomfortable, tell someone!



Don't post when you're emotional. It is a better idea to write it in a journal instead!

Keep this handout next to your computer for quick reference!