



Social Media Top Tips

Social media is an integral part of most teenagers' lives. Here are our tips on how to keep their online activity safe and fun

BE NICE

Behave online the way you would in real life. Treat others the way you want to be treated yourself. If you're not nice, you could be at greater risk of being bullied online and that might be quite upsetting for you.

BE YOURSELF

Don't try to pretend to be someone you're not. It could land you in trouble.

THINK BEFORE YOU POST

Don't share intimate or provocative images or sexual content of yourself or anyone else. People could use these against you if you fall out.

KEEP YOUR PASSWORDS PRIVATE

Don't share them with anyone except your parents. You don't want someone using your account and pretending to be you. Pick a password that you can remember but other people won't guess.

DON'T CONNECT WITH STRANGERS

Everyone you connect with online should be people you know in real life. Don't ever arrange to meet anyone you don't know. You can't be physically harmed online but you can be in real life.

KNOW YOUR LIMITS

Don't let yourself be pressurised into doing things you're not comfortable with or you know is wrong.

DON'T BE AFRAID TO BLOCK CONTACTS

If you're not happy with what someone is saying online, don't retaliate. Instead use the privacy tools to block them. You don't have to put up with nasty comments.

TELL SOMEONE

If someone continues to send you abusive, rude or inappropriate messages that make you feel uncomfortable, report them to your parents, someone you trust or call your local police.

