

8 Tips for Using Social Media Safely

Social media is a fun way to connect and learn. Using it safely and setting healthy boundaries can help keep you safe.

1

Think before you post
Once something is shared online, it's there forever. Don't post inappropriate or explicit content.



2

Protect personal information
Never share your address, phone number, school, passwords, birthday, or location.



3

Take breaks
Make time for hobbies, friends, family, and outdoor activities.



4

Speak up
If someone makes you uncomfortable, tell a trusted adult. Block and report the account.



5

Don't click on suspicious links, quizzes, or ads.
They could be a scam.



6

Use privacy settings
Keep your posts and accounts private to only people you know.



7

Only connect with people you know
Not everyone online is who they say they are. Make sure you know them in real life before you connect.



8

Be kind and respectful
Treat others online the same way you would in person. Think before you comment or send a message.



**Start a family conversation:**

- What kinds of things are okay to share on social media? What should stay private?
- What would you do if you saw something online that made you feel uncomfortable?
- How can you enjoy social media while still making time for friends, family, hobbies, and sleep?