

# SOCIAL MEDIA SAFETY





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# Definition of Social Media Safety

Social media safety refers to practices and precautions individuals take to protect themselves and their personal information while using social media platforms. This includes things like setting privacy settings, being cautious about what information is shared publicly, avoiding interactions with strangers, and being aware of potential scams or phishing attempts.

# BENEFITS OF SOCIAL MEDIA SAFETY



- **Protection of personal information**
- **Prevention of cyber-bullying**
- **Maintaining digital reputation**
- **Safeguarding against identity theft**
- **Fostering a healthier online experience**

# BEST PRACTICES



# PRIVACY SETTINGS

Review and adjust your privacy settings on social media platforms to control who can see your posts, photos, and personal information. Limit the visibility of your profile to only friends or trusted contacts, and be cautious about accepting friend requests from strangers.

# THINK BEFORE YOU POST

Be mindful of the content you share on social media and consider the potential consequences before posting. Avoid sharing sensitive personal information such as your address, phone number, or financial details, and think twice before posting photos or comments that could be misinterpreted or taken out of context.



# ONLINE INTERACTIONS

Think twice before sharing anything that could be embarrassing or hurtful to yourself or others. Be cautious about sharing personal information like your address, phone number, birthday and even pet's names. The less personal information you share, the safer you'll be





# ONLINE REPUTATION

Regularly monitor your social media accounts for any unauthorized activity or posts that you didn't create. Keep an eye on your tagged photos and posts to ensure they align with your personal brand and values, and consider using Google Alerts to receive notifications about mentions of your name online.

# TWO-FACTOR AUTHENTICATION

Enable two-factor authentication (2FA) on your social media accounts to add an extra layer of security. This typically involves receiving a code on your phone or using a biometric method in addition to entering your password.





## **WATCH OUT FOR SCAMS & PHISHING**

Unfortunately, not everyone online has good intentions. So, be sceptical of messages or posts that seem too good to be true (they probably are). Don't click on suspicious links or download attachments from unknown senders.

# PRIVACY AND BOUNDARIES

Respect the privacy and boundaries of others on social media by refraining from sharing their personal information or photos without their consent. Be mindful of the content you tag others in and ask for permission before posting photos or videos of them.





# MISINFORMATION

Before sharing or reacting to posts, verify the information from credible sources. Look for multiple sources to confirm the accuracy of the information. Question the information you come across on social media. Look for evidence, sources, and context before accepting information as true. Follow and share content from credible news outlets, organizations, and experts who provide accurate information.



# ABUSIVE BEHAVIOR

Use the block and report features on social media platforms to protect yourself from abusive or harassing behaviour. Don't hesitate to block or unfriend individuals who engage in cyberbullying, trolling, or other harmful activities, and report their behaviour to the platform if necessary.

A cartoon illustration of a person with light brown skin and short brown hair tied back, wearing a brown hijab and a white long-sleeved shirt over a teal t-shirt. They are looking down at a teal smartphone held in their hands. The background is a solid pink.

# PLATFORM POLICIES

Familiarize yourself with the community guidelines and terms of service of the social media platforms you use. Understand what constitutes acceptable behaviour and content on each platform, and be aware of the consequences for violating the rules.

# TAKE A BREAK

Social media can be addictive. Monitor your usage and take breaks when necessary. Understand that Social media is here to enhance your life, not define it. Focus on real-world connections and activities alongside online interactions. Focus on building positive and respectful interactions offline too.



# MOBILE APPS TO DOWNLOAD FOR SOCIAL MEDIA SAFETY



## NORTON MOBILE SECURITY

Offers features like app scanning, Wi-Fi security, and anti-theft tools.

## APPLOCK

Allows you to lock specific social media apps with a password or fingerprint to prevent unauthorised access.

## LASTPASS

Helps manage and secure passwords for social media accounts with encryption and two-factor authentication.

## NET NANNY

Provides parental controls to monitor and limit children's social media usage and protect them from inappropriate content

## PRIVACY GUARD

Helps manage privacy settings and permissions for social media apps to control what information they can access.

## SAFE SOCIAL

Monitors social media activity for signs of cyberbullying, harassment, or inappropriate content and alerts parents or guardians.

# THANK YOU

Visit [www.digizens.com](http://www.digizens.com)  
for more resources on Digital Citizenship

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