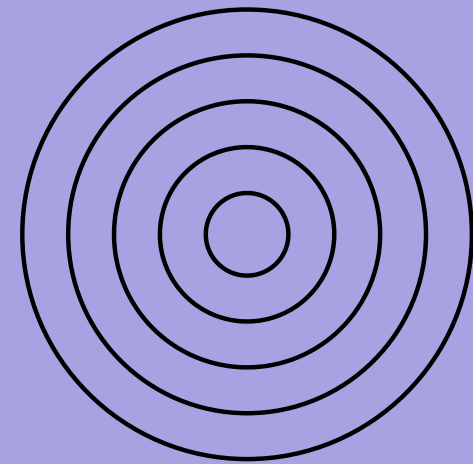


SOCIAL MEDIA SAVVY

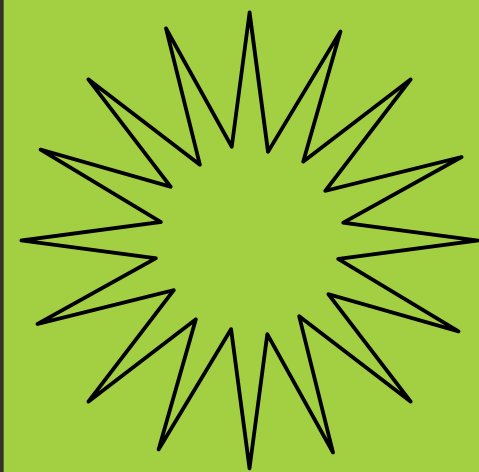


# Your Guide to Staying Safe



@CYBERHELP

Digital World



# Smart Social Media Tips

- Think before you post — once it's online, it's hard to remove!
- Use strong, unique passwords and change them regularly.
- Only accept friend or follower requests from people you know.
- Keep your profiles private to control who sees your info.
- Avoid sharing personal details like your address, phone number, or school.

# Privacy & Safety

- Review and update your privacy settings often.
- Don't share location tags in real-time.
- Be careful about apps asking for access to your contacts or camera.
- Block and report anyone who makes you uncomfortable.
- Talk to a trusted adult if something online feels wrong.

# Recognizing Scams & Fake News

- Don't click on links from unknown messages or emails.
- Check facts before sharing news — look for trusted sources.
- Beware of posts promising free stuff or prizes — they might be scams.
- Scammers may try to trick you by pretending to be someone you know.
- When in doubt, ask a parent or teacher before responding.

# How to Be a Positive Digital Citizen

- Be kind and respectful online — treat others how you want to be treated.
- Think about how your words might affect others.
- Support friends who are being bullied online.
- Share helpful, positive content instead of negativity.
- Use social media to learn, create, and connect in a good way.

# Healthy Screen Time Habits

- Set time limits for social media use each day.
- Take breaks — look away from screens regularly to rest your eyes.
- Balance online time with hobbies, exercise, and real-world friends.
- Avoid using phones right before bed for better sleep.
- Turn off notifications to focus on school or family time.

# Cyberbullying

- Don't respond to mean or hurtful messages.
- Save evidence by taking screenshots.
- Block the person bullying you.
- Tell a trusted adult — a parent, teacher, or counselor.
- Remember, you're not alone and help is available.