

Tips for Using Social Media

Everyone is using social media, how do you navigate what's right or wrong?

Be smart about what you post on the Web

It is a lot more public than it seems. Protect your space. Use privacy settings and don't just randomly accept everyone's request as a friend. It's recommended that you don't use your real name or give out too much personal information.

Clean up your profile

Take anything embarrassing, too personal or any photos that show you doing something you wouldn't want your future employer or college administrator to see off your page.

Be your own person. Don't let your friends or strangers pressure you. *Be nice online, don't react or retaliate online; talk to a trusted adult.* Think about what you post: even people you consider to be your friends could use information against you especially if you get into an argument. **Keep your passwords private, even from friends.** Be smart when using your cell phone, change GPS settings so you don't give away your physical location.

Be careful if you go in person to meet someone in person that you met on the Internet. You may think you know them well, but you don't. Tell your parents or someone you trust before you go. Don't go alone, bring a friend. Always meet in a public place. Make sure you have your cell phone and an exit plan.

Posting or sending sexy photos of yourself (sexting) can get you into big trouble with the law. If you are underage, they may be considered child pornography, a serious crime. Never take an image of yourself that you wouldn't want your parents, teachers, or your employers to see. Think twice or three times before you post.