



# SOCIAL MEDIA ETIQUETTE

Social media has a significant impact on friendships and relationships. Social media is great to keep up with friends and family, but it is easy to get in trouble without considering a few best practices to keep it safe, fun, and friendly!



## Everything Posted is Public

Delete doesn't always mean deleted! Anything posted creates a digital footprint.

## Post Only with Permission

Never post pictures or videos online without someone's permission or consent. If you do have consent, is it appropriate to post?

## When in Doubt, Don't!

Talking online to someone you don't know can be just as dangerous as IRL. It's perfectly okay to deny someone's friend request.

## Oversharing Online

If you want to journal thoughts and feelings, do it privately to decide what to do with the information.

## Remember the Golden Rule

Treat others as you want to be treated!  
Treat them as you would in person. Don't change just because you're online.

## Be Kind

Consider how you would feel receiving the message. If you wouldn't feel good, then don't send it.

## Protect Your Privacy

Be careful of apps that track your location. Background images can expose you to danger.

## Check Yourself

If you are angry or emotional, walk away and take a break. If you are struggling, find a trusted adult to work through your emotions.

