

GUIDELINES TO HEALTHY SOCIAL MEDIA PRACTICES

Distinguish between media that make you feel good, versus accounts that can be hurtful to you or others.

Remember to enjoy life offline! Social media can be a part of your life, but shouldn't consume you.

Think twice before posting or sharing something online. What you share cannot be unseen by others.

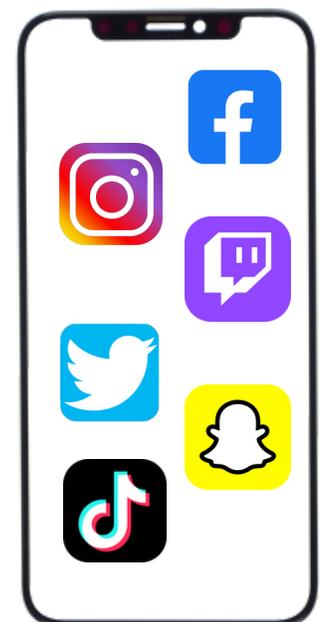
Always be cautious when engaging with strangers online. Never give personal information, and speak with an adult immediately if something seems suspicious.

Whether you are posting on your own account, commenting on someone else's posts, or messaging people, interactions online should always be healthy.

Use kind words. Think about how you would want others to interact with you.

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