SECONDARY SCHOOL SOCIAL MEDIA GUIDELINES

As a teenager, social media is likely an integral part of your daily life. While social media can be a fun and valuable tool for staying connected with friends and family, it's important to use it responsibly. To help you stay safe and avoid any negative consequences, here are some social media guidelines for teenagers:

1. Be mindful of what you post: Before you post anything on social media, ask yourself if it's appropriate and something you would want your parents or future employer to see. If you're unsure, it's best to err on the side of caution and not post it.
2. Respect others: Treat others on social media the way you would like to be treated. Don't engage in cyberbullying or post hurtful comments. Remember that once something is posted online, it's there forever, and it can have serious consequences.
3. Protect your privacy: Be cautious about sharing personal information on social media, such as your home address or phone number. Use privacy settings to control who can see your posts and information.
4. Don't overshare: Avoid sharing every detail of your life on social media. Not only can it be annoying to your followers, but it can also make you more vulnerable to cyber predators.
5. Be careful who you talk to: Be wary of strangers who try to contact you on social media. If someone you don't know is sending you messages or asking for personal information, it's best to block them and tell a trusted adult.

6. Don't believe everything you see: Not everything you see on social media is true. Always fact-check information before you share it.
7. Take breaks: It's important to take breaks from social media to focus on other activities, such as spending time with friends and family reading a book or going for a walk.

By following these social media guidelines, you can enjoy the benefits of social media while avoiding any negative consequences. Remember that social media is just one part of your life, and it's important to maintain a healthy balance between your online and offline activities.