

MY LIFE-FIT HABITS SOCIAL MEDIA SAFETY

Why do I need to worry about **social media safety**?

Social media can be fun, but there is also a dark side. Some people use social media to commit crimes and harm others.

Children in particular are a major target.

It is important to follow some simple rules to keep you safe, and also to keep you from getting into trouble or a situation that you might regret.

If you have problems, you should face them and get help from professionals instead of putting them on social media.

Caution

Even though you can delete something, you can never permanently erase something that has been published online.

Check your privacy settings

In most cases the default privacy settings will give your posts the most public exposure which can be dangerous.

Be cautious of friend requests

It is great to connect with new friends, but play it safe and only accept friend requests from friends in the real world. Apart from the obvious, friend requests from strangers more commonly turn out to be spam bots.

Think before you post

Never give away your phone number or address, limit contact information.

Disable location services!!

It's cool to show where you are, but not necessary and the risk is greater than the reward.

Try this Life-Fit **Social Media Safety Challenge**

Have a parent or someone you trust look at your device and check your safety settings.

Often there is someone at your school who can help in this department.

Check out the safety page on Facebook:

<https://www.facebook.com/safety/resources>

Ask your parents to take a look at this **helpful** website

with great tips that can benefit you

<https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying>

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

