

# USING SOCIAL MEDIA RESPONSIBLY

With 72% of adults using at least one social media site, how does social media affect daily life?

## Dangers:

- Social media use has been linked to loneliness and depression.
- Erosion of personal privacy.
- Distorted perception of healthy relationships.
- Wasted time.
- Social media platforms are designed to be addictive, playing off of the dopamine response in the brain.

## Opportunities:

- Building Relationships – Social media is about connecting people with people. You can grow your professional network by connecting with colleagues, mentors, and role models.
- Education & Entertainment – Social media allows you to focus on what you really care about through the noise of the internet.
- Developing Media Literacy – Social Media has become a part of everyday life. It is important to learn how to communicate online in healthy, sustainable ways.

SOCIAL  
MEDIA  
SMARTS

INSTAGRAM  
TWITTER  
FACEBOOK  
SNAPCHAT  
TIKTOK

# WHAT TO DO:

## MANAGE YOUR DIGITAL ID

1. Protect your Personal Information.
  - Keep sensitive personal information off of social media.
2. Keep an eye on your "Digital Footprint," your online activities never really go away:
  - What have you said?
  - What was said about you?
  - What have you liked or shared?
  - Where have you have been?
3. Think about what you want your social media use to say about you.

## T.H.I.N.K. BEFORE YOU POST

Matthew Nance from Kiwanis International gives this helpful advice:

- T - is it Truthful?
- H - does it Help?
- I - does it Inspire?
- N - is it Necessary or Nice?
- K - is it Kind?

## BE AWARE

1. Limit Social Media Use:
  - Focus on what you really enjoy and avoid overuse.
2. Log Your Time on Social Media
  - You may be spending more time than you think!
3. Use Social Media to Supplement Real-World Interests.
4. Question Each Piece of Content Before You Post.

## MONITOR YOUR CHILDREN

1. Follow Your Children on Social Media
  - What students post today may be available online forever.
2. Start Discussion Early On.
3. Teach Accountability.
4. Encourage Students to Use Technology Meaningfully.
5. Remind Teens that Nothing is Private Online.

# WHAT NOT TO DO:

## THE "GOLDEN RULES"

1. If you wouldn't say it to someone's face in a public place, don't say it online.
2. Don't rely on privacy settings - anyone who can see it can make it public.

**SOCIAL  
MEDIA  
SMARTS**

## DON'T POST PERSONAL INFORMATION

Keep your information private.

Never share your address, phone number, car information, social security numbers, passport information, driver's license numbers, ect.

Photos taken with smartphones may embed the GPS location, making your location available.

Never post anything illegal!