

SOCIAL MEDIA

DO'S & DON'TS

Social media can be a great way to connect...when you use it wisely.
Here are some tips to consider:



GIVE OTHER PEOPLE **CREDIT**
WHEN YOU SHARE THEIR CONTENT.



BE REAL.

PEOPLE WHO FOLLOW YOU
WANT TO SEE THE REAL YOU.



SHARE POSITIVITY.

POST STORIES, VIDEOS AND COMPLIMENTS
THAT HELP OTHERS FEEL GOOD.



REMEMBER THAT THE **"INTERNET IS FOREVER."** THINK BEFORE YOU POST.



POST HATEFUL CONTENT, CALL NAMES
OR GET INTO MUD-SLINGING.

JUST KEEP SCROLLING.



BELIEVE EVERYTHING YOU READ.

CONSIDER THE SOURCE AND WHETHER IT'S A CASE
OF "CONFIRMATION BIAS."



USE SOCIAL MEDIA TO **AVOID** YOUR OTHER
LIFE TASKS OR FACE-TO-FACE INTERACTIONS.



OVERSHARE PERSONAL DETAILS

ABOUT YOUR LIFE. WOULD YOU WANT YOUR BOSS
TO READ YOUR POST?

