



# Social Media Safety

Use this checklist to increase your safety online. We can only control our own actions online. If you have any marks in the  column you should ask for help to keep you safe online.






I only have one social media account per app.		
My account settings are set to private.		
I <b>do not</b> share my account passwords with anyone unless it is my parent or a trusted adult.		
I <b>do not</b> share private or personal information online.		
My posts <b>do not</b> share my specific location.		
I <b>do not</b> accept or send follow requests to people I do not know.		
I only chat with people I know in real life online.		
If I would not say it to the person's face, I <b>do not</b> post it online.		
I know how to block and remove comments I <b>do not</b> want on my post.		
I <b>do not</b> post many times each day.		
I make sure my posts are appropriate and safe before posting them.		

## To Follow or Not to Follow?

Use the checklist to help you make smart choices online. If you have any marks in the  column you should ask for help before allowing someone to follow you or following someone new online.



		
I know this person in real life.		
I can see their profile picture clearly.		
I recognize the person in the profile picture.		
There are no spelling errors in the username or post.		
The account has friends or followers.		
I have mutual friends or followers with the account.		
The account is posting appropriate and safe content.		
The account is not asking me for money.		
If the account is a celebrity, it has the verification symbol. 		

## Should I Post It?

Use this checklist to help you post safely and appropriately online. If you have any marks in the  column you should ask for help before posting to any of your social media accounts.



The information I want to share is public not private.		
The post <b>does not</b> have my personal information in it.		
If the post is a picture or video, I have permission to share it from each person in it.		
If the post is a picture or video, everyone in it is wearing all their clothes and the clothes fit properly.		
The post <b>does not</b> share my specific location.		
If the post is a picture or video, the background <b>does not</b> show too much of my private space. Like my room, house, address, or school.		
I <b>will not</b> feel embarrassed by others seeing this post.		
I <b>have not</b> posted already today.		
I think other people would enjoy this post.		
My post <b>does not</b> have any spelling errors.		