

# Stay Safe on Social Media

Online social networking is a global revolution, enabling more than a billion people worldwide to stay in touch with their friends, share experiences and photographs and exchange personal contact. St Helena has too become a part of this global revolution.

Because social networking has such an extensive user base, millions of which are unknown to you, it carries a degree of risk, especially if not used wisely. You can avoid these risks and enjoy using social media networking sites by following these few

Don't let peer pressure on these sites convince you to do something you are not comfortable with

Be wary of publishing any identifying information about yourself i.e. don't post personal details such as addresses & phone numbers

Pick a username that does not include any personal information

Use strong passwords and keep privacy settings 'high'. Be aware that privacy settings change, do check them regularly

Keep your profile closed and allow only your friends to view your profile

Never post comments that are abusive or may cause offence to either individuals or groups of society

Learn how to use the site properly

Be on your guard for fake friend requests and posts from individuals inviting you to visit other pages or sites

Don't become friends with people you don't know

Don't post anything that you don't want others to see. What is posted on the internet lives forever (even if later you remove a picture, it may have been copied and posted elsewhere)

Tell a trusted adult if you receive messages that make you feel uncomfortable, or if you get messages from people you don't know

Remember, messaging & posting is instantaneous - once you have sent or posted something online, you cannot take it back

Not everyone on social media is who they say they are

Don't meet someone you have only been in touch with online. Only do so with your parent's/guardian's permission and when they can be present

