



As you approach high school, after a long period of time at home, social media may now play a bigger part in your life than it did before. However, it is important to think about how you are reflected through it.

Here are some tips to think about:

1) **Check your privacy settings**

Is your account private?

If it isn't everyone and anyone can see it, comment on it and share it.

2) **Be funny, not offensive**

Humour is great but not if it is at someone else's expense. There's a line between 'banter' and 'bullying'. Remember online bullying is just as serious as bullying in person. Think about how your content could be interpreted as you are not there in person to explain it further.

3) **Use with permission**

Most social media accounts ask that users are 13+, therefore ensure you are on these accounts safely and you know who to turn to if anything comes up you are uncomfortable with.

Also, don't post videos or pictures of other people without their permission.

4) **Think about what content you've got on your account**

Would you be comfortable with new people you meet at high school seeing all that you have previously posted? Looking back are some things inappropriate? Take time before you get to high school to review your accounts and delete things that you wouldn't want new people seeing.

Remember, people often look at each other's accounts before they properly know a person. First impressions count.

Make it private, only accept people who you know and think carefully about what you post.