

SAFE USE OF SOCIAL MEDIA



What is safe use of social media?

Safe social media use means protecting your personal data, avoiding online threats and maintaining a positive digital presence. It involves using strong security settings, thinking before sharing and recognising potential risks.

Why is it important?

Practicing safe social media habits helps prevent identity theft, cyberbullying and misinformation. It protects your privacy, online reputation and digital footprint, ensuring a safer online experience.



Smart habits to protect yourself



- Use strong, unique passwords, enable two-factor authentication and regularly check your privacy settings.
- Avoid oversharing personal information – once online, it can spread fast.
- Watch out for scams, fake news and phishing attempts before clicking on links.

Actions you can take

- Regularly check who can see your posts and adjust settings.
- Always fact-check news, headlines and sources to avoid spreading misinformation.
- Report cyberbullying, scams and suspicious accounts to keep the digital space safe.
- Keep your software and apps up to date. Avoid logging in over public Wi-Fi.



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