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for your well-being

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# A TIP FOR TENNESSEANS

May 16, 2017

## FOUR TIPS FOR SOCIAL MEDIA SAFETY

Sharing messages and photos on social media sites is how many of us connect with others today. It can be a fun, easy way to link to people with similar interests. And it can even lift your mood at times. But because not everyone on social media has good intentions, it's important for you and your family to stay safe. And you can start by asking four simple questions before you post anything:

- 1. Is this something I should share?**  
Consider if your post might put you or someone else in danger.
- 2. Should I not say where I am?** Not sharing your exact location and the names of who you're with can protect everyone's privacy.
- 3. Who do I trust?** Whatever you post online can be used by others. Choose followers and friends wisely.
- 4. Have I said too much?** Giving away lots of personal information like your birthday, phone number, school or work name can be unsafe. Keep personal details private.



Teenagers accept 24/7 connectivity as status quo. Here4TN can help you talk to your teen about safe social media use. Visit [Here4TN.com](http://Here4TN.com) or call 1-855-Here4TN (437-3486).



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References:

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