

SOCIAL MEDIA: THINK BEFORE YOU POST

Smart choices online help keep you — and others — safe.

Social media can be a great way to connect, create and share. But what happens online can quickly become very real at school, at home and in your community.

BEFORE YOU POST, PAUSE.

Ask yourself:

Is it TRUE?

Don't share rumors or information you haven't verified.

Is it HELPFUL?

Your words can have a real impact on someone else.

Is it NECESSARY?

Not everything needs to be posted, shared or forwarded.

Would I be OK if EVERYONE saw it?

Screenshots can last long after a post or message disappears.

DO

- **Be kind and respectful.** Disagree without attacking someone.
- **Protect your privacy.** Think carefully before sharing your location, schedule or personal information.
- **Protect other people's privacy, too.** Ask before posting or tagging someone.
- **Stop and check before sharing.** Make sure information is accurate and comes from a reliable source.
- **Report threats, bullying, harassment or intimidation.** If something online makes you feel unsafe or uncomfortable report it to a school administrator. Don't assume someone else will do it.

DON'T

- **Don't spread rumors.** A repost can cause just as much harm as the original post.
- **Don't post when you're angry.** Give yourself time before responding.
- **Don't join the pile-on.** Likes, comments and shares can amplify harmful content.
- **Don't share** embarrassing photos, videos or private conversations.
- **Don't assume something is private or temporary.** Messages and disappearing posts can be saved, copied and shared.
- **Don't fight it out online.** Block, report, save the evidence and get help when needed.

THE BOTTOM LINE

- **Families: Keep the conversation going.** Ask what your child is seeing and experiencing online, whether anything has made them uncomfortable, and what they would do if they saw something concerning. The goal isn't just monitoring social media—it's helping young people navigate it safely and responsibly.
- **Pause before you post.** Protect your privacy. Don't spread rumors. Be kind. And when something doesn't feel right, tell someone.