SOCIAL MEDIA SAFETY TIPS

5 Ways to Make Sure You're Staying Safe on Social Media



1. LOCK DOWN YOUR PRIVACY SETTINGS

Make your accounts private, hide your friend list, review tagged photos, and limit who can see your stories. Most safety wins happen in settings people never check.

2. THINK BEFORE YOU POST IN REAL TIME

Posting where you are *right now* tells strangers exactly where to find you. Share moments after you've left instead of live. Additionally, be careful of establishing patterns of your activity.

3. WATCH WHAT YOUR PHOTOS REVEAL

Street signs, class buildings, mail, license plates, and reflections can expose your location without you realizing it. A quick scan before posting goes a long way.



4. BE SELECTIVE WITH WHO YOU ACCEPT

Not every follow or friend request needs a yes. If you don't recognize them or they have a sketchy profile, it's okay to ignore or remove them.

5. TRUST YOUR INSTINCTS AND USE THE TOOLS

If someone makes you uncomfortable, mute, block, and report. You're not overreacting, you're protecting yourself.

Healthy Framework Center for Digital Safety
healthyframework.com