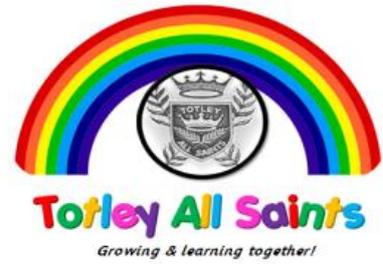


TOP TIPS for Safe use of Social Media



1. Watch your back

Whenever you're about to post something online, pause and just imagine someone in authority, someone you respect, reading that post or looking at that photo. If that feels uncomfortable, don't do it.

2. Got a nickname?

Think about using a nickname instead of your real name if you're signing up to a microblogging site like Twitter.

Remember, only connect to people you know.

3. Check your settings

Use the privacy and security settings on social media sites so that only friends and family can see your pages.

Then speak to friends and family and encourage them to tighten their privacy settings too as they could affect you.

Even if your account is locked as private, personal information you have shared with others could still be accessed through their pages.

4. Guard personal information

Don't post any personal information- your address, email address or mobile number - publicly online. Just one piece of personal information could be used by a complete stranger to find out even more. If you want to include your birthday in your profile it's safer not to actually display it publicly.

5. Photos and videos

Be careful about which photos and videos you share on social media sites - avoid photos of your home, work, school or places you're associated with. Remember, once you've put a picture of yourself online, other people may be able to see it and download it - it may not just be yours anymore.

