

SOCIAL MEDIA HACKS

NEWS FLASH

Remember - an online post is a highlight reel of someone's life, it doesn't show you everything. Sometimes even the online post isn't real - Hello AI!



ZOMBIE SCROLLING?

Have you ever thought, 'I'll spend 10 minutes on TikTok' and before you know it 2 hours have gone by? I'm sure that we are all guilty of mindless scrolling at some point.

It is important to consider why you are doing it. Are you bored? Lonely? Feeling that you could be missing out? Is it a habit? Are you procrastinating?

Is there something else that you would have liked to fill that time with instead, what stopped you from doing that?

The next time that you notice yourself zombie scrolling, think - is there something else that would benefit me right now?

#BEKIND

- Post uplifting messages, inspiring articles, or positive stories
- Be mindful of using potentially triggering or offensive terms
- Take a moment to consider your response before posting
- Leave encouraging comments on others' posts
- Don't share photos or videos without consent of the other person
- Respect boundaries and privacy settings
- Consider the impact of your words and actions on others
- Ask yourself if you would say or do the same thing in person

HEALTHY HABITS

Having some boundaries in place can really help to ensure that your phone is a positive addition to your life rather than a negative.

- Set app time limits
- Put your phone down at least one hour before going to bed - falling asleep with your phone in your hand is not the one!
- Check in with how you are feeling when you are on social media - does it make you feel good?
- Follow content that feels positive to you - unfollow accounts that make you feel bad about yourself

BLOCK OR MUTE

Snaps from people you don't know?
Unkind, abusive or threatening messages?
You don't have to put up with it:

- Take screenshots for evidence if needed
- Block or mute the sender
- Report them

If you wouldn't accept it in the 'real-world', you shouldn't accept it online either.

TALK TO SOMEONE

If things are feeling overwhelming or you need support, reach out and talk to someone.

You may feel that you need help from a trusted adult. That could be someone at home, a member of school staff, social worker or a helpline. Text 'SHOUT' to 85258. Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support.

Each time you post something online, you have a choice - add to the happiness level in the world or take away from it. Think before you post.