Staying Safe On Social Media

Inclusion Saskatchewan's Supported Decision Making Series

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STAYING SAFE ON SOCIAL MEDIA

Social media is a great way to connect with people. Social media can also be dangerous if we do not use it safely. This document can help you think about what things are okay to post online and what are not.

Before posting to social media, please consider:

🔒 Is the information private or personal?

- Examples of private or personal information could include your SIN Number, bank numbers, or personal stories that you do not want others to know.

- If the information is personal, private, or about someone else you should not post it on social media. If you are not sure if it can be shared with everyone, you can ask a supporter you trust to help you.

- If you have to send it to someone, make sure you tell them if you want them to keep it private.

- Remember that if something is put on the internet, it stays there and you do not always have control over who can see what you post.

- If someone shares something about you and they do not have your permission, you have the right to ask them to take it down or have it removed.

⚠ Do I need to be careful about who sees the information?

- Examples of information that you may want to be careful about sharing could include something that may embarrass you or, personal opinions or preferences that you are not comfortable with sharing with everyone.

- If you need to be careful about who sees the information, you should only send it to people you trust and who need to know.

- If you are not sure if you need to be careful about sharing the information, you can ask a supporter you trust to help you.

- If you have to send it to someone, make sure you tell them if you want them to keep it private.

👁 Am I okay with a lot of people seeing the information?

- Examples of information you may be okay with anyone seeing could include something you are proud of or a photo you love and are comfortable with others seeing.

- If you need to be careful about who sees the information, you should only send it to people you trust and who need to know.

- If you are not sure if you need to be careful about sharing the information, you can ask a supporter you trust to help you.

- You should only post information that you are not worried that you will feel bad in the future that you have shared it.

- Sometimes people post their thoughts, opinions or photos on social media and they feel bad about it afterwards.

? I am not sure if the information is private or can be shared.

- If you are not sure, you can ask a supporter you trust to help you.

- Who are you wanting to share your information with? For example, if you are only wanting to share with a few people, you may want to send it to them directly.

- Is there someone who should not see it? Are you safe if strangers see it?

- Do you know how to remove a post if you no longer want it on social media?

- Do you know how to change the settings on your social media to make sure your posts and information can be as private as possible?

"Social media can be awesome and it can connect you with people and build a community, but it comes with some risks. It is a good idea to ask if you are not sure what to do or if you are worried." **- Dan, INSK Self-Advocate.**

Think before you post! This chart can help you think about what is private or public information. Use examples from your life.

🔒	Is the information private or personal?
⚠️	Do I need to be careful about who sees the information?
👁	Am I okay with a lot of people seeing the information?
❓	I am not sure if the information is private or can be shared.

If I have used social media, I can fill this out. I can include ideas and suggestions from my friends, family, and supporters.

What is working?

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What is not working?

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How can I stay safe?

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