



Online Safety when using Social Media

These online safety tips will help you stay safe and confident when using social media apps such as Facebook, Instagram and TikTok.

Be careful what you share on apps like Facebook, Instagram and TikTok. Never post your address, phone number, passwords or bank details.

Staying safe on Facebook



- Only add people you know in real life as friends.
- Keep your personal information private. (Address, phone number, bank details, passwords.)
- Think before you post photos or messages. Other people can copy or share them.
- Do not click on links you do not trust.

Staying safe on Instagram



- Only follow people you know in real life.
- Set your account to private so strangers cannot see your posts.
- Think before posting photos or videos. People can screenshot or share them.
- Be careful of messages from people you do not know.
- Do not click on links that look suspicious.

Staying safe on TikTok



- Keep your account private so only people you approve can follow you.
- Only accept followers you know and trust.
- Think before posting videos. Once shared, they can be saved or copied by others.
- Be careful of messages from strangers.
- Do not click on suspicious links or offers.
- Do not send money, gifts, or private photos to people online.

Staying safe on YouTube



- Only watch videos from channels you trust.
- Remember that not everything in videos is true.
- Be careful if someone asks you to click links in comments or videos.

REMEMBER:

If a message makes you feel worried, upset, or confused, do not reply - tell a trusted adult, carer, or support worker.



Your safety is more important than likes or views.



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