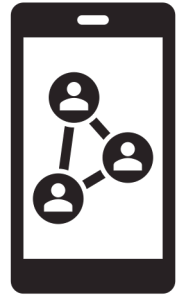




Safe Data
Safe Families

Advice for Teens: *Managing Social Media*

You probably have at least one social media account, maybe on Tiktok, Snapchat, or Instagram. Here are some tips for managing these accounts.



Make sure your phone is password protected.

You don't want friends—or strangers—being able to access and post to your social media apps.

Think before you post.

Sometimes people post content in the heat of the moment, then regret sharing it later.

Review what you're sharing.

Sometimes people misunderstand what you're trying to say, and sometimes your posts could affect your friendships or your job/college prospects, so make sure you're okay sharing that text, photo, or video more widely.

Use privacy settings.

Most social media let you decide who can see your posts. Don't want anyone on the internet to see your stuff? Set your account to private.

For more information, visit <https://safedata.umd.edu>

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