



6 rules for surviving and enjoying social media.

## Description

### 1. Don't believe everything you see or read.

Social media has no filter, so anyone can post almost anything and they don't always post the truth. From politicians to socialites, very often what is put out is tweaked in some ways be it the facts or the flawless texture of a models skin. Be alert to it.

### 2. Do your research.

This goes hand in hand with the first rule. Sadly you can take everything at face value. It takes very little time to fact check, but use reliable news sources and websites, not gossip rags or other social media sources.

### 3. Don't over share.

If you wouldn't tell your gran don't tell social media publically. Public social media sites like twitter, Tik Tok or Instagram are great places to share what's on your mind, your latest talents and so on. It's fun and can be very rewarding. However, some things just don't need to be shared to the world, doing so can come back and bite you in the future. Many celebrities have fallen foul of drunken tweeting one day and losing their job the next!

### 4. Do use the report features.

The report features on social media are their for a reason. If you see things that are inappropriate, harmful, hurtful etc, report them. It is anonymous and there to protect everyone.

### 5. Don't obsess.

It can be all too easy to get hooked on social media. That's how all the apps are designed, they want your attention for as long as possible as that's how they make money. If you find yourself unable to sleep because you are worried you might miss something, or are anxious because you only got 1 like, it may be time to take a break or even seek some advice and help.

## 6. Do have fun.

Social media is meant to be fun, so use it in a way you enjoy. It may be just reading the latest happenings in your fandom, it may be sharing your singing or photography skills etc. You can make good friends through sensible use of social media and have a great time.

***Be sensible, be safe, be alert and when it stops being fun, take a break.***

### Category

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### Tags

1. facebook
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### Author

andrzej-marczewski

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