



Suggestions for Facebook, Twitter or any other social media site

It isn't a good idea to use it as a diary: Social media should not be a way to "work out" your feelings or organize your thoughts (e.g., "My friend Sally is such a slut sometimes...[insert more ranting]... but I guess sometimes she is nice"). Also, no suicidal threats or gestures (if you are suicidal tell a trusted adult). Keep private things private. If you wonder if something is private, then it probably is.

Try not to post anything when you are upset or under the influence: You don't have to say everything you think. You don't have to post every feeling you have.

Don't use Facebook to settle a score: If you do, saying "I'm sorry" won't work. If anyone can be identified in a negative way- don't post it. This includes your parents. Don't spread rumors about them (even if it is true) to get even because they did something you think is unfair. Facebook shouldn't be used as a way to communicate.

Don't use Facebook as a replacement for actual face time: A virtual life is not the same as an actual life.

Try not to take Facebook so seriously: Many people use Facebook to lie or make their lives seem more glamorous or exciting than it really is. You will get caught up in the comparison.

It isn't a good idea to friend someone you do not know personally: You don't have to friend everyone. Also, be careful about not "hooking up" or "breaking up" on any media where the world can see.

Don't rise to the bait: If others do not follow these rules, you don't have to correct them. You only have to respond once. You don't have to go back-and-forth defending yourself.

Don't pre-post where you are going to be: This is a big safety issue. Don't schedule times and places you are going to meet on Facebook. This opens you up to predators.

Try to be careful what you post: Don't post anything (i.e., pictures, rants, pet peeves) you wouldn't want your grandmother (or future employer) to read. Once it is out there- you can't get it back.

Be careful if you feel like you are getting consumed: If you can't go more than 1 day without going online, you may need to taper it down.

Don't search for the negative (checking out friendamies): Checking to see if anyone is talking crap about you will only make you feel like crap.

Remember "private" does not actually mean private: You can use the privacy settings, but not everyone will. What you mark as private, others may cut, paste, and put on their site. Your site may be private, but is theirs?