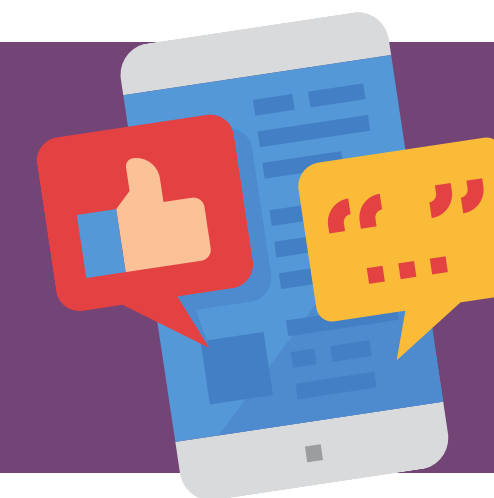


SOCIAL MEDIA SELF-CARE

Consider some of the tips below for more enjoyable social media use.



Curate your feed

Be picky about the accounts and people you follow.


Pay attention to what accounts, posts and content you enjoy. Fill your feed with things that bring you joy and make your experience online enjoyable.


Take breaks


If you are getting down or feeling guilty about the amount of time they spend online, it may be time to take a step back.

Set boundaries

If someone's comments or actions online make you uncomfortable there are ways to remove them.

 Mute them - their posts will no longer come up on your feed, but they won't be able to tell you've muted them.

 Unfollow - you will no longer see their posts and you won't be listed as someone who is 'following' them.

 Block them - this will remove them from your account and you will no longer be able to see each other's posts.

Familiarise yourself with how these settings work on different apps.

Privacy and consent

Be selective about who has access to your profile and consider leaving it on 'private'.

Be careful what details you share online - don't share your address or contact details.

Be aware of what you consent to - some sites ask for consent to store your personal data such as age, gender and photographs.