



Awareness of social media rules & consequences



A definition

Using social media involves many benefits but also many risks. In order to stay safe and avoid harmful consequences, there are common rules to follow.



Why is this important?

According to the [Cyberbullying Institute's 2019 survey](#), over 36% of U.S. middle and high school students report having been cyberbullied at some point in their life, with similar numbers globally. Other threats that social media users may face are stalking, catfishing, grooming, identity theft, job insecurity, radicalisation and various forms of personal attacks.



Tips and tricks

- ➔ Do not click random links, even from someone you know. Do not post private data, such as passwords, addresses, phone numbers, current locations or bank information.
- ➔ Remain respectful and avoid aggressive and combative behaviour on public platforms.
- ➔ If you are attacked or targeted, report it to the corresponding authorities and keep evidence, such as screenshots, if one's behaviour may warrant legal consequences.



Useful resources and tools

- ➔ Kevan Lee on Buffer, "[The 29 Most Common Social Media Rules: Which Ones Are Real? Which Ones Are Breakable?](#)", explains the rules of different social networks.
- ➔ NSPCC (UK children's charity), "[Social media: Find out how to help children stay safe on social media](#)", provides explanations and tips to keep children safe on the internet.
- ➔ Simplilearn, "[Top 7 Impacts of Social Media: Advantages and Disadvantages](#)", provides data about the pros and cons of social media in a wide variety of aspects.
- ➔ Clarissa Windham-Bradstock on Forbes, "[The Do's And Don'ts Of Social Media Etiquette At Work](#)", gives numbers and tips on how to use social media professionally.
- ➔ Various authors on Pew Research Center, "[2. Views of social media and its impacts on society](#)", provide data about the impact of social media on various aspects of society.