



Be careful what you post



A definition

In a general sense, it is always important to be mindful of the consequences of your posts and comments for yourself and others too.



Why is this important?

What you share online can be used by others in many ways, especially if it concerns information about you or people you know or if it involves false information or unpopular opinions. You may face judgement based on your public posts, which may influence people's actions towards you, such as people who will misunderstand or misinterpret and spread inaccuracies, bullies or stalkers who may turn against you and cause you mental or even physical harm and employers who would decide whether you should be hired or fired.



Tips and tricks

- ➔ Before sharing something, ask yourself: is it appropriate, useful, ethical, respectful, or pertinent? Does it read as aggressive or provocative? Would I appreciate it if someone else posted this? Does it concern someone who didn't consent to it being shared?
- ➔ Do not share your passwords or private data, such as addresses, phone numbers, current locations, bank information or intimate details that could be used against you.
- ➔ Do not share pictures of young children, their current whereabouts, their tastes or habits, or any information which could be used by strangers to find and lure them.



Useful resources and tools

- ➔ Short Fact (informative website), ["Why is it important to be careful what you post online?"](#), explains risks and tips about what to post online.
- ➔ Alison Bryant on All Women's Talk, ["7 reasons to be careful about what you post on the internet"](#), lists the risks and concerns on different aspects of online posting.
- ➔ Li Creative Technologies (digital marketing and web design), ["Be Careful What You Post On Social Media"](#), answers questions about the risks of social media posts.
- ➔ Leslie Ramos Salazar on Prof Speak, ["Be Careful What You Post: Social Media and Reputation"](#), provides advice, testimonials and examples of risky online posts.