

## USING SOCIAL MEDIA SAFELY

Social media has become an integral part of our lives. It is a great way to connect with people and stay up-to-date with the latest trends, news, and events. However, it is important to navigate social media carefully as it can have a significant impact on our mental and emotional well-being.

Here are some tips on how to navigate social media carefully:

1. Be mindful of what you share: It is important to be mindful of what you share on social media. Avoid posting anything that could be considered offensive, inappropriate or hurtful to others. Also, be careful not to share too much personal information that could put you at risk.

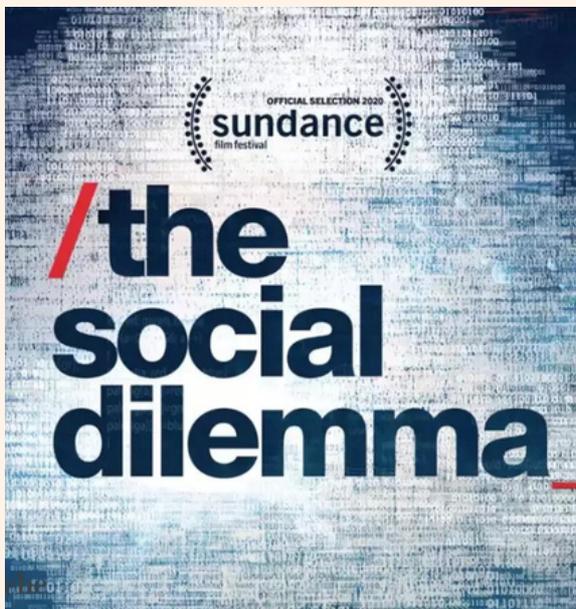
2. Use privacy settings: Social media platforms have privacy settings that allow you to control who can see your posts and information. Take advantage of these settings to protect your privacy and avoid sharing personal information with strangers.

4. Be kind and respectful: Social media can be a breeding ground for bullying and harassment. Make sure you are kind and respectful to others online, even if you disagree with them. Remember that your words can have a significant impact on others.

5. Take breaks: It is important to take breaks from social media to avoid becoming too consumed by it. Set limits on the amount of time you spend on social media and make sure you are taking care of your mental and emotional well-being.

6. Seek help if needed: If you are experiencing cyberbullying, harassment or other negative experiences on social media, don't be afraid to seek help from a trusted adult, friend or counselor

## DOCUMENTARIES THAT EXPLAIN THE DANGERS OF SOCIAL MEDIA AND HOW WE CAN SAFEGUARD OURSELVES WHILE ONLINE



Social media now forms an intrinsic part of our everyday lives – often without us realizing or thinking about the extent of it – as online platforms such as Twitter, Facebook, and Instagram dictate how we interact, who we interact with, and what content we see, all through the use of complex algorithms. While these platforms can seem harmless, there is also a darker undercurrent to social media that "The Social Dilemma" seeks to explore.

Framed by the 2016 U.S. election and the U.K.'s Brexit referendum, the documentary delves into how the company was able to create targeted campaigns peddling more extreme political views onto people's newsfeeds to persuade them to vote in a particular way.

"The Great Hack" proves that complex algorithms do exist to try and sway someone's political beliefs. The more you consume, the more content you see, and the greater the divides in society become.

