HOW TO STAY SAFE ON SOCIAL MEDIA

1 Assume ALL your posts are public

With the ability to screenshot, save or share posts, nothing you share online is ever truly private. Only post what you are comfortable with anyone and everyone seeing.

2 Don't get too personal

Including your full name, home address, date of birth, children's names, mother's maiden name, medical information, school location, and events you will be attending all increase the risk to your personal safety and identity.

3 Only accept friend or follow requests from people you trust and can verify

Not everyone is who they say they are on social media. Stay safe and keep your social media friend or follow lists small.

4 Stay alert to suspicious behavior

If you get a message that doesn't seem right, report it and/or block the person who sent it. If it's from a friend, call them to ask if it was truly them or if their account was potentially hacked.