# Staying Safe… on Social Media and Online

**Social media** is about connecting with people online for example, on Facebook, Twitter or Instagram.

Some people may need help to use **social media** or go **online**. This could be a family member, carer or someone you trust.

Make your **social media** profile **private**.
This means that only people you chose to share your profile with can see your messages and photos.
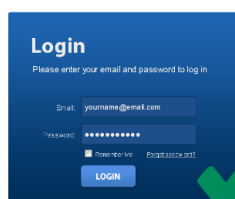
Only connect with people you know and trust.

Don't share **personal information** like your date of birth, where you live or your phone number.

Keep your **password safe** and don't tell other people what it is.

You need to make a **strong password**.
This means it is not easy for someone to guess it.
For example, your password should not be the name of your pet, date of birth or where you live.

**Think carefully** before you post or send a message on **social media** or **online**.

Do not do anything on **social media** or **online** that you would not want other people to see, like your family or people you work with.

Ask someone you trust if you are not sure what to write on **social media** or **online**.

People can get into trouble for things they say on **social media** or **online** if they make other people upset or angry.

If someone makes you feel scared, you need to tell the police.

You can call Speak Up if you need help with using **social media** or being **online**
01925 246 888

You can download **Easy Read** how to set up **Facebook**, **WhatsApp** and **Skype** instructions.