



Safety tips for using social media

By: Katerina Kakogianni, Konstantina Kotermayer, Nikoleta Kolyda, Maria Kastori

Social Media

- Before you post something on social media think about your rights as well as the rights of others.
- Do not accept requests for friendship from strangers and remember that the "friend of a friend" is not your friend.
- We shouldn't trust people we do not know in real life.
- Before posting a story think about it well, because at that moment you are showing your location and the people you are with.

Katerina Kakogianni,
Nikoleta Kolyda

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- Social media often promote a perfect way of life, a perfect model of a person who is "in everything". You do not have to change behaviors in order to adapt to the "standards" of social media and feel weak, if you do not adapt to the standards of other users.
- Social media often spreads misleading or completely fake news. Choose to be informed by reliable sources and cross-check the information that appears on the Internet.
- Do not publish your daily activity on Social Media through the check in process. The same applies to the posting of photos, which clearly shows your home, school or the place you frequent.
- You should also pay attention to the information you give and the content (files, images, videos) that you exchange with any Internet user. Even acquaintances can turn out to be strangers!

Maria Kastori

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- In case that your account is being intercepted, inform your contacts and report the theft in the social media you use through the process suggested by it (report).
- Remember: It can take years to create an account and a few seconds to lose it.
- Secure your accounts (use the two-step authentication option, strong passwords and different per account).
- Do not publish material with personal data on the internet.

~ *THE END* ~