

## Guide to Using Social Media for Dudley LAC

- **Before** you set up your profile **discuss with your carer and social worker** the risks and benefits of using social media.
- Make sure you know how to use the privacy settings and set your profile to **private** or **friends only** wherever possible.
- Make sure you know what to do **if something goes 'wrong'**.
- Keep your **personal information** private.
- **Never share your password** with anyone else.
- **Only add friends** you know in real life.
- **Use a nickname** that doesn't identify your location or age.
- Alter your pictures and videos **before you post** them to remove information which could identify where you live, go to school etc.
- Profile and photo share only with people on your **friends list**.
- Think about the **possible consequences** of the information and photos you post.
- **Never post** nude or revealing photos or selfies – this could be **illegal**.
- **Don't post** your plans or whereabouts on your site.
- **Ignore** and **block** rude or offensive comments posted on your profile – **BUT** report them if they are repeated, upsetting or if you think they could be bullying or are illegal.
- **Contact** the site administrator if someone creates a social networking page in your name and **tell** your carer and/or social worker.
- **Never meet in person** with anyone you first met online.