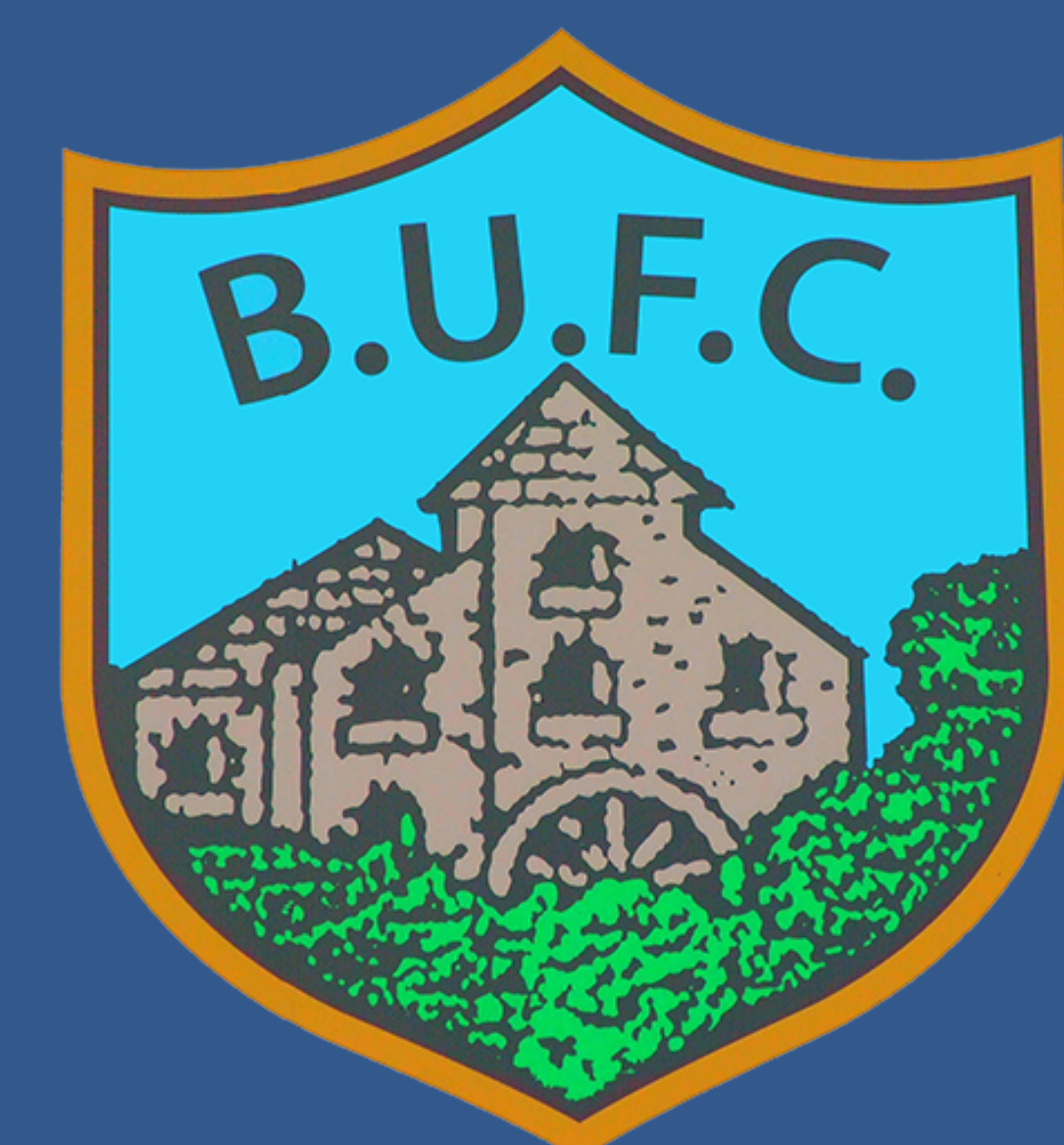


# SOCIAL MEDIA



Enjoy the moment.  
Rather than  
posting about  
events and staying  
on your phone  
**ENJOY THEM!**



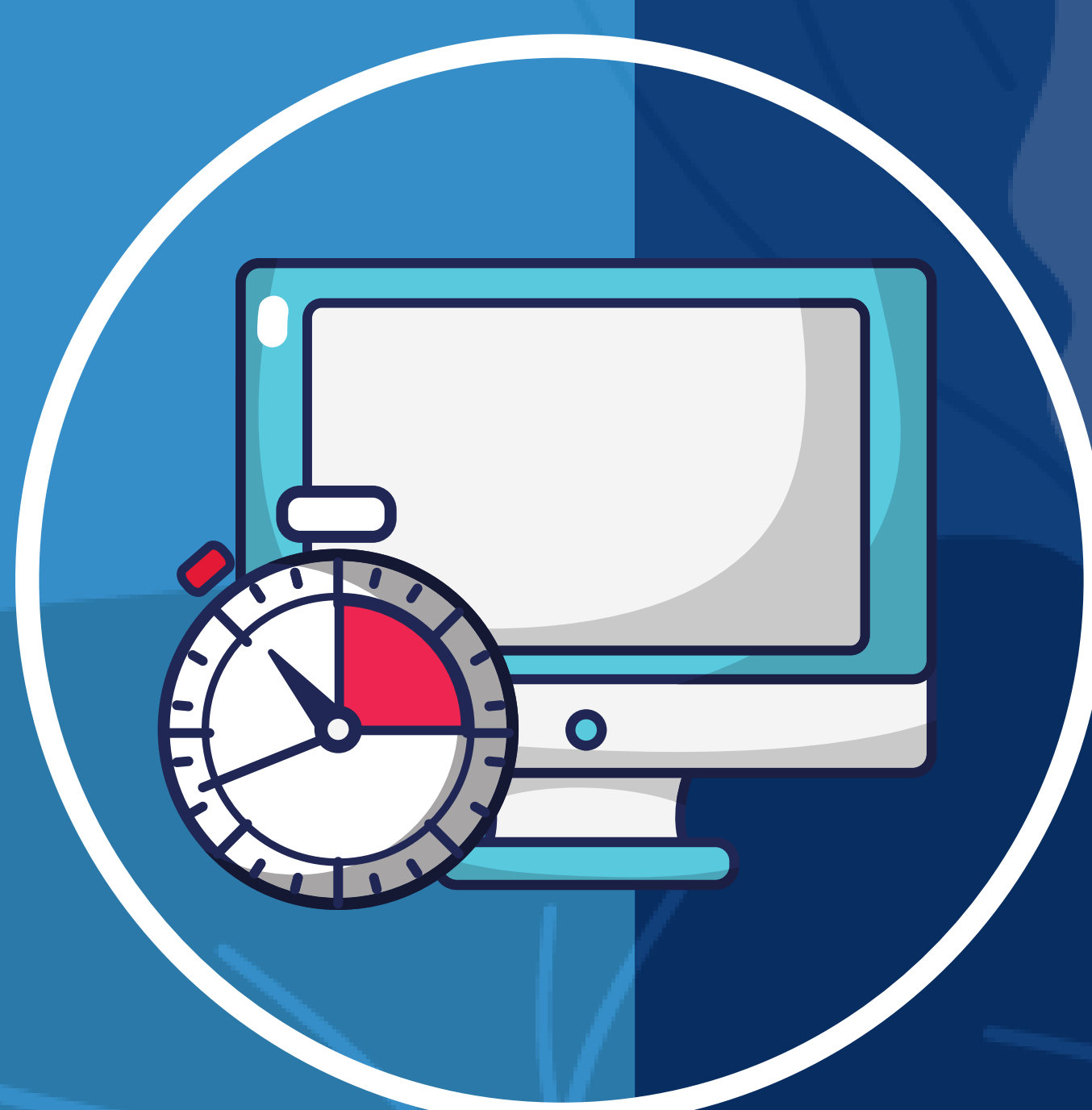
When you're in the  
club or with friends  
and family, put the  
phone on silent.



Be careful who you  
follow and who you  
let follow you, there  
are dangerous  
people online



Try not to compare  
yourself to other  
people's social  
media accounts.



Keep your usage  
social and **NOT** all  
day & Night - try to  
connect face to  
face when possible.



Look after your  
mental health. If  
you are struggling  
to stay away from  
social media, you  
may need a break.



Create a  
healthy  
balance when  
you use social  
media. Take a  
break



Don't allow  
cyberbullying.  
Report it right  
away to your  
family or club

