

SOCIAL MEDIA



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



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



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



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



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



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



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



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

