Healthy Relationships with

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

COMMUNITY FUND

www.tamhi.org

T.A.M.H.I