SOCHAL HEDIA





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



