

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

