

Responsible Social Media Posting

Always be careful about what you post online

Employers, schools, and the police can see what you post online. They will also use this information to make important decisions about whether to hire, accept, or investigate you. Keep in mind that **social media is not a private space** and what you post can be shared in ways that might hurt you or people you care about.

Take a moment to think about what you are posting before you do, ask yourself how will this affect my future?

Posts that can hurt you include:

- **Pictures with drugs and alcohol or discussing using or selling drugs or alcohol.**
- **Sexually suggestive pictures/posts** (nudity, partial nudity, sexual poses, sexual language)
 - *Examples: Half naked people as cover photos, dirty talk, revealing photos of yourself, photos of sex acts, videos of provocative dancing/behavior, posting sexual lyrics.*
- **Bullying others through posts/statuses, even when no one is specifically named.**
 - *Examples: Liking a mean status/post, harassing someone online, posting passive aggressive statuses against a person, openly threatening another, reposting mean/embarrassing videos/pictures/posts.*
- **Aggressive comments and lots of cursing/swearing.**
 - *Examples: Rude picture memes, ranting about someone or something, promoting a fight, cursing/swearing, violent song lyrics.*
- **Racist, sexist, or any discriminatory comments.**
 - *Examples: referring to women, men, different races, religion, and sexual orientations using derogatory names, anything that makes fun of a group of people and promotes stereotypes.*
- **Criminal activity and putting yourself at risk for becoming a target for violence.**
 - *Examples: pictures with illegal drugs such as weed, photos with guns, videos of fights, pictures with lots of cash, representing a crew or gang.*

What you post can lead to violence

When an argument starts on the street, just a few people might see it.

When it goes online, it seems like the whole world is watching.

This makes it less-likely that someone will back down, and that often leads to violence...

What should you do if someone threatens you or starts a fight with you online?

- **Walk away** from the computer and/or phone.
- Distract yourself and do something to **calm yourself down**. For example: shower, yell into a pillow, workout, or take deep breaths.
- **Talk to someone**, such as an outreach worker, community leader, and/or family member.
- **Pay attention to your body when you're angry**– jaw clenching, hands tightening, sweating, etc.
- Think about how **responding may hurt you** or those close to you.
 - *If you post back or retaliate what could happen? What could happen to your friends or family?*
- Ignore them or **unfriend and block them**. Don't be "friends" online if you don't get along in real life.
- Take **screen shots** of the posts so you can show them to someone who can help you.

