



But don't be fooled!

Social media can also get you into trouble in ways that you may not realize.



United Nations Population Fund
East and Southern Africa Regional Office
9 Simba Road, Sunninghill
Johannesburg, South Africa, 2157

esaro.unfpa.org


safeguardyoungpeople.org
facebook.com/Safeguard-Young-People-Programme
[@sypesaro](https://twitter.com/sypesaro)

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IF YOU ARE BEING CYBERBULLIED OR HARASSED, WHAT DO YOU DO?

- Don't respond. Don't try to bully the bully.
- Keep an electronic or paper record of the bullying.
- Stop all communication with the bully.
- Tell an adult you trust.
- Report the bully.

If you see something online that makes you feel uncomfortable, unsafe or worried, tell someone you trust about it immediately. Be smart about social media and stay safe.



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SOCIAL MEDIA
SAFETY

Social media is great for many things...

Texting and chatting with friends

Sharing pictures and videos

Expressing yourself creatively

Following your favourite celebs

Getting answers to your questions or learning something new

1. POSTING AND SHARING YOUR INFORMATION



Everything you post and share online creates a permanent public image of you. Every post is like a tattoo – it's forever!

Scenario 1: You post a funny but embarrassing picture of yourself online. Someone saves it and shares it on another site, then others share it too. Now it's everywhere and anyone can see it. You apply for a job and the interviewer googles your name. They find that picture and decide not to interview you.

Scenario 2: You write about your breakup online. A university admission officer sees what you have written and thinks you are unstable.

Scenario 3: You post a picture of yourself with some friends at a party smoking weed on Facebook. The police are alerted. They arrest you and your friends.

So what do you do?

- Think carefully before posting any content, pictures or videos of yourself.
- Don't post anything that could embarrass you or get you in trouble now or in the future.
- Use the parent test: Do I want my parents to read or see this? If the answer is no, don't post it!

2. MEETING PEOPLE ONLINE



Anyone can create a fake profile and hide their real identity online. You don't know who they really are.

Scenario 1: You meet someone online who gains your trust by complimenting you and sending you gifts. They send you a sexual picture of themselves and ask you for one. When you decide to meet, they take pornographic pictures of you, convince you to have sex with them or make you sell sex.

Scenario 2: You meet someone online who tells you they will make you rich quick: you just have to invest a bit of money first. You lose your savings.

Scenario 3: You meet someone online who convinces you to use violence for a cause. You endanger your life and that of others.

So what do you do?

- Be skeptical. Verify what you can about the person, but be aware that it may all be fake.
- Tell an adult or end the relationship if you are asked to send sexual pictures or perform a sexual act on camera or while chatting online.
- If you decide to meet somebody you met online in person, meet in a group of at least three people and in a well lit public place during the daytime. Tell another friend or a family member where you are going and when you'll be back.

3. PREVENTING A SEX SCANDAL



Private photos and videos can become public. You don't know who might get a copy of them and share them.

Scenario 1: You send your boyfriend or girlfriend a nude pic for fun. They want to brag and show it to their friends, who ask for a copy. They forward it to others. You break up and your ex wants to embarrass you. Your ex posts your nude pictures online.

Scenario 2: You and your boyfriend are having sex. The video camera in the computer sitting on the desk is filming you. Without knowing it, you've made a sex tape. It gets onto the Internet and the police arrest you for making pornography.

Scenario 3: You're not 18 years old yet. You take a picture of yourself naked for your girlfriend. It gets onto the Internet and the police charge you with child pornography.

So what do you do?

- If it is something you don't want your grandmother to see, it shouldn't be on your phone or computer.
- Think very carefully before taking or sharing sexy or nude pictures of yourself.
- Look out for cameras that could be filming you if you are having sexy times.

4. KEEPING YOUR PRIVACY



Protect your identity. Keep your passwords private. Don't even share them with your boyfriend, girlfriend or bestie.

Scenario 1: You give your best friend your phone password. She finds some sexting between you and your boyfriend. Your friend takes a screen shot and posts it on Facebook.

Scenario 2: You let your girlfriend use your computer for an assignment. She finds some private emails you sent your ex-girlfriend, gets mad and sends them to all of your friends. Now everyone knows your business.

Scenario 3: You accept every friend request and allow unrestricted access to your Facebook page. You post some sexy pictures of yourself on your page and one of your friends shares the post. Suddenly those pics are all over the Internet and your father sees them.

So what do you do?

- For sites like Facebook, make sure your privacy settings are high so people you don't know can't see what you post.
- Only accept friend requests from people you really do know.
- Don't let people use your phone, computer or other devices when you aren't with them.
- Don't provide personal information online, like your age, phone number, or address.
- Always log out.

5. FINDING INFORMATION



The Internet is full of information, but just because it is online, doesn't make it true.

Scenario 1: You are looking for information about contraceptives online and you find a blogger with thousands of followers. They tell you the wrong information about safer sex. You try their recommended method and end up not protecting yourself the next time you have sex. You get infected with HIV.

Scenario 2: You are curious about sex and watch some pornographic videos online. You see what porn actors are doing and you do the same thing with your girlfriend, but she doesn't react the same way or get any pleasure. She gets angry with you and wants to break up. You watch so much porn that you get addicted to it. Now you can't get excited or have an orgasm without it.

So what do you do?

- Visit websites of organisations or individuals that are well-known as experts in the field.
- Verify the information you find on other websites. Are all or most websites saying the same thing?
- Think critically of what you read on the Internet.
- Don't use pornographic sites to educate yourself about sex. Remember that most porn is not at all like real life bodies, relationships, behaviour or pleasure.

6. PLAYING NICE



Being mean or cruel to another person online is cyberbullying. Don't be a cyberbully -- you are better than that!

Scenario 1: You and your best friend have a fight. While angry, you post a bunch of bad pictures of them with nasty captions.

Scenario 2: Your ex-boyfriend is seeing someone new. You get the email from the person he is seeing and send them mean messages every day.

Scenario 3: You don't like someone in your youth group. You reply to all their tweets with insults. You get others to join in. You hear weeks later the person has killed themselves.

Scenario 4: You post rumours and lies about a well-known singer for a laugh. Next thing you know, they are taking you to court for slander.

So what do you do?

- Be careful what you say about others. Don't post anything that you would not say in person.
- Respect other people's privacy. Be considerate when you post content about or photos of others. Don't post inappropriate photos of them and don't attack other people online.
- Respect other people's views. Even if you don't agree.
- Don't spread lies and untruths online.