

SURVIVAL GUIDE TO ONLINE LEARNING

Physical and Mental WELL-BEING

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TOP SECRET



ADVICE >

NAVIGATING SOCIAL MEDIA



- You stay connected and build friendships.
- You can build a community, and get a sense of belonging.
- You can express your ideas, creativity and share your interests.
- You can have fun.



- Exposes you to cyberbullying.
- Exposes you to misinformation.
- Leads to the feeling of lack of real connection and distorted view of others.
- It can be a real drain on your time and a strategy to avoid more important things.

How to use social media safely?

- Set social boundaries - don't engage with people who you don't know in real life.
- Be kind online - expect everything you do to be shared.
- Safeguard your reputation online; think twice of what you share - your future employer might see it.
- Learn how to protect yourself from identity theft, cyberbullying and more on [Cyber-Self](#)

Mon image **Cyber**
Web.com **Self.ca**

How to stay in control of social media usage?

- Stop worrying about missing out!
- Change notification settings (it's best to turn them all off).
- Monitor your usage (use apps like Screen Time, Moment).
- Disconnect regularly.
- Turn your screen to gray scale or utility mode to make it less appealing.
- Cut your access to apps temporarily (Freedom, Forest, Thrive).
- Delete apps too!



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