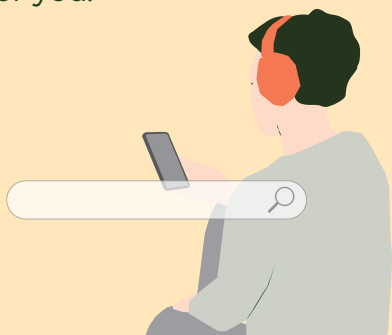


ScrollSafe for teens TL;DR

Social media is a huge part of everyday life – especially for teens.

It's where we connect, create, learn, and express ourselves. But sometimes, it can get overwhelming, or even mess with our mood and wellbeing. It's not about quitting social media. It's about learning how to use it in a way that actually works for you.



10 tips to stay smart on social media



1 Navigating the social scene

Check in with yourself and see how social media is making you feel. Does this change depending on the platform, type of content, or even time of day?

2 Finding balance on social media

Social media isn't all bad but it also isn't all good. Be balanced and use social media in a way that adds to your life instead of draining it.

3 What are your social media triggers?

Sometimes online content can trigger strong feelings. Try tracking your reactions and figure out what helps you stay grounded.

4 Be the boss of your online experience

Be intentional with how you use social media. Think before you post, check in with how you're feeling, and give yourself permission to disconnect.

5 Algorithms and your emotions

Algorithms are designed to grab your attention and cause big emotions. Take control by following accounts you enjoy and muting, unfollowing, or blocking ones that don't work for you.

6 Your digital footprint

What does your online identity look like? Try googling yourself, deleting old posts, updating your privacy, and leaving old groups that no longer feel like you.

7 Posting with intention

Your social media presence is an extension of the real life you. Check in with yourself to make sure every like, share, comment or post reflects the real you.

8 Wait – is that even true?

It can be hard to tell if what you're reading is even true. Check who's saying it, if it's from a credible source, and if it's too good to be true.

9 When scrolling becomes too much

Social media is designed to hook you. If scrolling is taking over your life or stresses you out, it's important to notice your habits, take breaks, and ask for help if you need it.

10 Your digital wellbeing

Social media helps us stay connected, inspired, and entertained but it also can get overwhelming. Check in with yourself, know your triggers, and build a digital wellbeing plan to stay in charge of your time online.



Scan this QR code in your own time to check out the full ScrollSafe for teens guide!

