

THE DIGITAL WORLD

Social media is entertaining, valuable, and a great tool to keep in touch with your friends and family! Be a responsible digital citizen.

PROTECT YOUR PROFILE

The best privacy setting that you have is yourself. Don't hand over personal information, photos, or videos over the internet without thinking about who will see it. Think before you post! Never share your password over the Internet.



**WHAT YOU POST ON
THE INTERNET STAYS
ON THE INTERNET.**



Even when you delete content from the internet, it is possible that someone takes a screenshot, or that the platform saved a copy on their servers. Think before you post!

HeartMob is an organization that provides support to victims of online abuse and harassment. They provide supportive messages, assistance with reporting, and information about documenting the harassment. iHeartMob.org

Everything that we do is tracked and monitored through your devices. The advertisements and posts you are seeing are being chosen by an algorithm that tracks what you like, comment, share, and buy on the internet.

PRIVACY SETTINGS

Privacy settings are an essential part of safe social media use. Ensuring that your information, photos, and videos are protected is just as important as making sure you locked the door (did you lock the door?).



- ☀ *only add people you know to your friends' list, and block those who you don't!*
- ☀ *limit the ability to tag posts or videos without your review and approval.*
- ☀ *turn off location tracking for social media applications.*
- ☀ *make your profile invisible to search engines.*
- ☀ *review each image and video to make sure no identity or location clues are in the background.*

GetCyberSafe.gc.ca offers lots of great resources to help you optimize your social media privacy and security!



SOME SOCIAL MEDIA PLATFORMS WILL READJUST YOUR PRIVACY SETTINGS WHEN THEY MAKE AN UPDATE. REGULARLY CHECK YOUR PRIVACY SETTINGS TO MAKE SURE THEY HAVEN'T CHANGED!



SCHEDULE REGULAR CLEAN-UPS OF YOUR INTERNET BROWSER CACHE. WHEN BROWSING THE INTERNET, WEBSITES WILL SOMETIMES DOWNLOAD FILES CALLED COOKIES THAT TRACK WHAT YOU DO ON THE INTERNET. CLEARING YOUR BROWSER'S HISTORY AND CACHE IN AN EXTRA LAYER OF PROTECTION.

DIGITAL BODY IMAGE

Social media is a great way to share information and pictures with family and friends. It's a great place to get inspiration for your next outfit, learn about the latest news in the world, and communicate with people in your circle and across the globe

But what you see on social media isn't always real: photo retouching software, filters, and sometimes just automatic features can change the appearance of photographs.

Just because you might not look like what's on-trend does not mean that you are not valuable, important, or loved. Likes, comments, and shares do not make a person more or less worthy than the next.

MediaSmarts.ca is Canada's Centre for Digital and Media Literacy. They have lots of information and research about the impacts of social media and digital content on how we think about ourselves! Check them out for more info!

You can find more info and videos at legalinfo.org/g4g or women.novascotia.ca/g4g.

