

# Social Media Do's And Don'ts

How to correctly use social media platforms for communication with youth and supportive adults.

## DO'S

- Set boundaries with social media
- Ask permission before posting
- Engage people being bullied with positivity
- Check for personal biases
- Check location and privacy settings
- Block, unfriend, ignore/mute negative people
- Familiarize yourself with social online trends and hashtags.
- Verify sources to the best of your abilities when posting information/news
- Educate online safety tips
- Show youth and young adults you care
- Disengage from toxicity

## DONT'S

- Don't post your location while physically present (to maintain your privacy and security)
- Don't post under influence
- Don't reveal professional relationships with Youth/ Young Adult
- Don't judge people on political, religious, or cultural views
- Don't open links from suspicious sources.
- Don't post anything you wouldn't say in person
- Don't out people (if a youth posts something that you do not agree with do not publically announce your disapproval or post negative remark)
- Social media is for engagement and not for policing

### Things to look out for and red flags

Unsafe situations

Disclosure of self-harm or DV

Suspicious accounts/ cat- fishing accounts

Sources that ask for personal information

Sources that ask for account login info

Scams

Risky behaviors

Bullying

Drama

Success and accolades

Verified accounts

Blatantly false or inflammatory posts

Creepy/ inappropriate posts, comments, links

Unsafe individuals commenting or engaging youth/ young adults

Public vs. private postings



For more information please contact Aaron Boswell  
 Statewide Youth Coordinator Phone:  
 505-470-9381  
 Email: [aaron.boswell@state.nm.us](mailto:aaron.boswell@state.nm.us)

