

USING SOCIAL MEDIA SAFELY

HOW IT AFFECTS LIFE BOTH ON-AND OFF-LINE



SOCIAL MEDIA

HOW MANY OF YOU USE SOCIAL MEDIA?

**WHAT ARE THE PROS AND CONS OF USING SOCIAL
MEDIA?**

- **[HTTPS://WWW.NSTEENS.ORG/VIDEOS/OFFLINECONSEQUENCES](https://www.nsteens.org/videos/offlineconsequences)**

POSITIVE AND NEGATIVE IMPACTS OF SOCIAL MEDIA

POSITIVE IMPACTS

- *TEENS FEELING BETTER ABOUT THEMSELVES
- *INCREASED SYMPATHY FOR OTHERS
- *INCREASED SELF-CONFIDENCE

NEGATIVE IMPACTS

- *PROBLEMS WITH PARENTS
- *ANXIETY FROM POSTS
- *FRIENDSHIPS ENDING
- *FACE TO FACE ARGUMENTS

- **[HTTP://LONGISLAND.NEWS12.COM/STORY/40021819/TEEN-DUE-IN-COURT-TO-FACE-FELONY-CHARGES-FOR-SCHOOL-THREAT](http://longisland.news12.com/story/40021819/teen-due-in-court-to-face-felony-charges-for-school-threat)**

SOCIAL MEDIA CAN ALSO BE USED TO PROVOKE PHYSICAL VIOLENCE

EXAMPLES:

- **POSTING FIGHT VIDEOS TO SHAME RIVALS**
- **POSTING PHOTOS OF PEOPLE THEY INTEND TO ATTACK OR FIGHT**
- **POSTING PHOTOS OF THEMSELVES IN FRONT OF A RIVAL'S HOME**
- **POSTS DISCUSSING SERIOUS VIOLENT EVENTS**
- **STARTING ARGUMENTS BETWEEN PEOPLE**
- **PROMOTION OF GANG ACTIVITY**
- **TAUNTING OF RIVALS**

CYCLE OF VIOLENCE

- DO YOU EVER WITNESS OR EXPERIENCE PEOPLE FIGHTING ONLINE OR POSTING SOMETHING TO MAKE OTHER PEOPLE MAD?
- HAVE YOU SEEN PICTURES/VIDEOS OF TEENS WITH GUNS, DRUGS, OR WADS OF MONEY?
- WHY DO YOU THINK THIS IS HAPPENING?
- HOW DO YOU FEEL WHEN YOU WITNESS OR TAKE PART IN THIS HARMFUL BEHAVIOR?

BEHAVIORS THAT MIGHT INFLUENCE THE POSITIVE AND NEGATIVE OUTCOMES

HOW DOES SOMEONE'S BEHAVIOR INFLUENCE A NEGATIVE/POSITIVE SITUATION?

FOR EXAMPLE, IF SOMEONE COMMENTS "YOU'RE UGLY" ON SOMEONE'S PICTURE, THAT WILL MOST LIKELY HAVE A NEGATIVE EFFECT, WHERE SAYING "YOU LOOK NICE" WILL HAVE POSITIVE EFFECTS, AND NOT SAYING ANYTHING WILL (MOST LIKELY) HAVE NEUTRAL OUTCOMES.

WHAT IS A SITUATION WHERE NOT SAYING SOMETHING WOULD BE POSITIVE OR NEGATIVE INSTEAD OF NEUTRAL?

HARMFUL AND VIOLENT SOCIAL MEDIA POSTS

VIOLENCE AND CRIMINAL ACTIVITY:

POSTING INAPPROPRIATE CONTENT ONLINE CAN GET YOU EXPELLED, SUSPENDED, FIRED, HURT, KILLED, OR ARRESTED.

POSTING, LIKING, SHARING, AND COMMENTING ON CRIMINAL ACTIVITY ON SOCIAL MEDIA CAN PUT YOU AT RISK FOR VIOLENCE, VICTIMIZATION, DISCIPLINARY ACTION, AND ARREST, SUCH AS: POSTING, SHARING, LIKING OR COMMENTING ON PICTURES/STATUSES/VIDEOS/ETC. THAT INCLUDE WEAPONS, DRUGS, FIGHTS, THREATS, PROMOTING VIOLENCE AND/OR PROMOTING A GANG.

THIS CAN LINK YOU TO CRIMINAL ACTIVITY AND CAN CREATE CONSEQUENCES SUCH AS GETTING ARRESTED, SUSPENDED, EXPELLED, FIRED, OR REJECTED FROM A JOB, SCHOOL, OR SCHOLARSHIP.”

LOW-RISK POSTS

- **MEAN/OFFENSIVE GENERAL REMARKS**
- **ATTENTION-SEEKING;**
- **NOTE: BE AWARE THAT A SITUATION CAN GO THROUGH ALL OF THESE RISK LEVELS. FOR EXAMPLE, WHAT STARTED OFF AS MEDIUM-RISK CAN EASILY BECOME A HIGH-RISK SITUATION**

MEDIUM-RISK POSTS

- **LIKELY TO CAUSE A SERIOUS ARGUMENT, BUT NO ONE IS IN PHYSICAL DANGER YET**
- **RECRUITING PEOPLE FOR A FIGHT**
- **ENGAGING IN UNSAFE/UNHEALTHY BEHAVIOR SUCH AS SMOKING OR SENDING INAPPROPRIATE PHOTOS.**

HIGH-RISK POSTS

- **CONTENT THAT SHOWS WEAPONS-PICTURES OF GUNS**
- **LIFE THREATENING DANGEROUS THREATS**
- **POSTING PREVIOUS ASSAULTS (THESE OFTEN TRIGGER RETALIATION)**
- **POSTING THAT A CRIME IS ABOUT TO HAPPEN**
- **VIOLENT CONTENT OF SOMEONE YOU KNOW THAT BECOMES VIRAL (SHARED VIDEOS OF FIGHTS/HUMILIATING PRANKS/SHAMING/BULLYING/MEMES/GIFS).**

ACTION STEPS HIGH-RISK POSTS

- **INFORM A TRUSTED ADULT, COMMUNITY MEMBER, OR THE POLICE. IF A STUDENT THINKS A SHOOTING OR OTHER SERIOUS VIOLENT CRIME IS ABOUT TO HAPPEN, THE ADULT OR YOUTH SHOULD TELL THE POLICE SO THEY CAN STOP THE SHOOTING/CRIME.**
- **FLAG/REPORT THE POST SO THE SITE CAN TAKE IT DOWN.**
- **TAKE A SCREEN SHOT OF THE POST TO SHARE IT WITH A TRUSTED ADULT.**

ACTION STEPS

MEDIUM-RISK POSTS

- IF THE PERSON POSTING IS A FRIEND, TRY TO TALK WITH THEM PRIVATELY AND SEE HOW YOU COULD HELP CALM THEM DOWN.
- REDUCE ANGER BY PROMOTE OTHER ACTIVITIES SUCH AS, GOING FOR A WALK/RUN; LISTENING TO MUSIC; READING A MAGAZINE; REFRAMING THE SITUATION: ARE YOU SURE THE OTHER PERSON MEANT TO HURT YOU? WHAT IF THAT POST WASN'T ABOUT YOU?
- DISTRACT THEM: REFER THEM TO FUNNY SITES; TELL A FUNNY STORY; LOOK AT PICTURES.
- DO NOT GET THEM RILED UP BY REPLAYING THE EVENT OVER AND OVER AGAIN

ACTION STEPS LOW-RISK POSTS

- **MONITOR THE POST TO MAKE SURE NO ONE WILL GET HURT. IF YOU ARE WORRIED ABOUT THIS PERSON, OFFER TO TALK OR HANG OUT TO GIVE SUPPORT.**

- **[HTTP://LONGISLAND.NEWS12.COM/STORY/40029931/OFFICIALS-STUDENT-ADMITS-TO-POSTING-FAKE-THREAT-AGAINST-ROCKY-POINT-SCHOOL](http://longisland.news12.com/story/40029931/officials-student-admits-to-posting-fake-threat-against-rocky-point-school)**

ACTIVITY

- IS THIS A HIGH, MEDIUM, OR LOW-RISK SITUATION? WHY?
- WHAT WOULD YOU DO IF YOU SAW THIS POST, BUT IT WASN'T ABOUT YOU?
- WHAT WOULD YOU DO IF SOMEONE POSTED THIS ABOUT YOU?

IF ANY OF THE FOLLOWING HAPPENS TO YOU OR A FRIEND, TELL AN ADULT YOU TRUST

- ANYONE YOU DON'T KNOW WHO ASKS YOU FOR PERSONAL INFORMATION, PHOTOS, OR VIDEOS.
- INAPPROPRIATE OR OBSCENE MATERIAL FROM PEOPLE OR COMPANIES YOU DON'T KNOW.
- MISLEADING URLS ON THE INTERNET THAT POINT YOU TO SITES CONTAINING HARMFUL OR INAPPROPRIATE MATERIALS RATHER THAN WHAT YOU WERE LOOKING FOR.
- ANYONE WHO SENDS YOU PHOTOS OR VIDEOS CONTAINING OBSCENE CONTENT OF INDIVIDUALS 18 AND YOUNGER (THE POSSESSION, MANUFACTURING, OR DISTRIBUTING OF CHILD PORNOGRAPHY IS ILLEGAL)
- ANYONE WHO ASKS YOU TO MEET IN PERSON FOR SEXUAL ACTIVITIES (NO ONE SHOULD BE MAKING SEXUAL INVITATIONS TO YOU ONLINE – AND IT'S AN ESPECIALLY SERIOUS CRIME FOR ADULTS TO DO IT).

FINAL THOUGHTS

- ALWAYS BE RESPONSIBLE ON SOCIAL MEDIA.
- WHAT YOU POST IMPACTS YOURSELF, PEOPLE YOU CARE ABOUT AND OTHERS.
- EMPLOYERS, COLLEGES, SCHOLARSHIP PROVIDERS, SCHOOLS, AND THE POLICE CAN MONITOR YOUR ONLINE ACTIVITY, INCLUDING PRIVATE MESSAGES.
- CONTENT CAN STILL BE ACCESSED FROM THE SITE'S SERVERS AFTER IT IS DELETED BY THE USER.
- ALWAYS THINK BEFORE YOU POST, AND REPORT HARMFUL POSTS APPROPRIATELY.
- TAKE SCREEN SHOTS OR FIND ANOTHER WAY TO RECORD/DOCUMENT THE POST IN ORDER TO SHOW IT TO A TRUSTED PERSON WHO CAN HELP INTERVENE.

QUESTIONS?

