

# 6 SOCIAL MEDIA WELL-BEING TIPS FOR PRETEEN GIRLS



## **DON'T BELIEVE EVERYTHING YOU SEE ONLINE.**

1

Don't fall for fake perfection. A lot of what you see on social media is edited or filtered, and people often only post their best moments. Never compare yourself and your life to others. Only follow accounts that inspire you and share positive messages, like kindness and self-love. Avoid accounts that make you feel bad about yourself.

## **THINK BEFORE YOU POST OR SHARE ANYTHING.**

2

Sharing things online is easy. But it's important to remember to stop and think carefully before posting anything. Once it's out there, you have no control over who will see or share it! Always make sure that the information you're sharing is appropriate, and will not be hurtful to anyone (including yourself) before you hit post or share.

## **DON'T CHASE UNREALISTIC BEAUTY STANDARDS.**

3

Beauty comes in different shapes, sizes and colours. It's important to focus on what makes you unique and be proud of your individuality because that is **your superpower**. There is only one you! You'll see people on the internet who have edited or filtered themselves to tempt you to buy a product. They want you to believe that their product is the answer to beauty perfection. Don't be fooled - true beauty starts with self-confidence!

## **DON'T FALL FOR PEER PRESSURE!**

4

When you're online with friends, it's important to stay true to yourself. Stand up for your beliefs and always make smart decisions. Sometimes the feeling of wanting to be accepted and liked is so strong that you may feel pressured into doing things you don't want to do. If you know it's wrong or hurtful to someone else, say no and feel proud of yourself for making the right decision.

## **NEVER PARTICIPATE IN ONLINE BULLYING.**

5

All your online actions have consequences, so be kind and positive when you're online. Always remember that cyberbullying can affect someone forever. What you post or share about them online is there for anyone to see. You should also always report bullying as soon as you see it.

## **ONLY CONNECT WITH PEOPLE YOU KNOW.**

6

For your safety, you should only ever connect with people that you know in real life. It's important to always be careful before accepting any friend requests because connecting with a stranger can be dangerous. You don't know what the stranger is capable of and it could lead to cyberbullying, harassment or worse.