



## Teens, Technology & Social Media Tips for Good Boundaries & Staying Safe

Facebook, Twitter, and other social media sites are changing the way society views relationships. Social media is an increasing factor in sexual assaults, stalking, and abusive relationships. Recognizing when an online relationship is unhealthy or inappropriate is critical.

- Know who your friends really are. It's great to have a lot of "friends" but be wary of friend requests from people you do not know. When you accept a friend request, you are potentially sharing a lot of personal information with the other person - your school, your interests, your relationships, and even where you are. If you wouldn't share this information with a stranger on the street, don't share it with a stranger online.
- Know who is an appropriate online friend and who isn't. It may seem cool to be friends with a teacher, coach, or youth pastor but pay attention to the online relationship. If an adult friend starts messaging you or posting comments which aren't respectful – be careful. Adults should be responsible for their behavior and maintain boundaries – if they don't, tell them to stop. If they don't stop, tell a parent or other trusted adult.
- Know your settings. Sharing pictures and posts amongst friends is fun but who else may be seeing the information you are sharing? Understand your privacy settings and don't let just anyone see your pictures and posts.
- Be careful about what you post. If you wouldn't want your grandma reading your post or seeing your picture, think twice before you post it.
- We all text – some of us more than others. If a boyfriend/girlfriend texts you all the time or wants you to text them about where you are, who you are with, etc., this is excessive and not okay. If you feel like you are being harassed with texts, tell a parent or trusted adult.

*WEAVE's mission is to bring an end to domestic violence and sexual assault in partnership with our community.*

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