

# What I Can Share on Social Media

## Questions to ask yourself before you share...

- Why do I want to share this?
- Have I already shared a message/photo/video today?
- Will people want to see my message/photo/video?

## When sharing a message...

- Use kind words.
- Make sure the information is public not private.
- Only share information that is not embarrassing for you and others.
- Check your spelling.

## When sharing photos...

- Everyone should be wearing all their clothes and clothes should fit properly.
- Only public behaviors and not private behaviors should be included.
- Make sure you have permission to share the photo from each person in it.
- Consider whether you would be embarrassed if your parents, teachers, boss, etc. saw your photo.

## When sharing videos...

- Everyone should be wearing all their clothes and clothes should fit properly.
- Only public behaviors and not private behaviors should be included.
- Make sure not to share personal information.
- Make sure you have permission to share the video from each person in it.
- Consider whether you would be embarrassed if your parents, teachers, boss, etc. saw your video.
- Make sure the video is not too long.

