Rules for Social Media Safety

- If you would NOT say something to another person's face, do NOT post it online.
    - That means do NOT say means things about someone or something.
    - That means do NOT talk to people you do NOT know.

- If you would NOT show it in public, do NOT share it online.
    - That means do NOT share personal, private information or show private body parts.

- Avoid sharing something embarrassing about yourself or someone else.

- Do NOT accept a friend request from someone you do not know.

- Do NOT ask someone you do not know to be your friend.

- Make sure not to post too many times per day.
    - Some people recommend sharing no more than 1 time per day.

- We recommend not completing Facebook quizzes.
    - Facebook quizzes sometimes ask for personal or private information.

- Remember, once you post something online, you can't take it back, even if you delete it.

Advocate Medical Group
Adult Down Syndrome Center