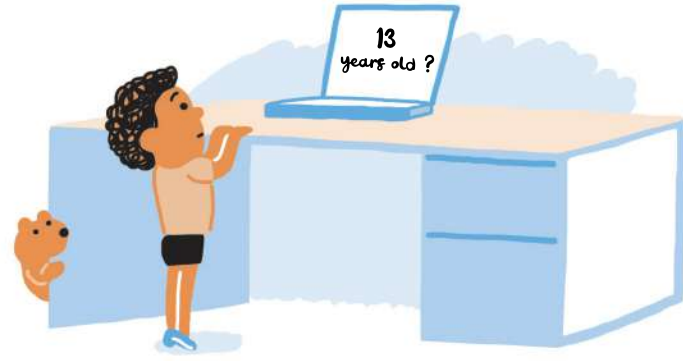# 6 Social Media Best Practices to Follow

1 Don't Post Before You're 13

Legally speaking, you can't join social networks before you are 13 without your parents' consent. Don't be in a rush to put yourself out there.

2 Protect Yourself!

Never publish specific information about your private life. You might come across people who don't have your best interests in mind, and you might regret what you post in the future.

3 Respect Others

Don't talk bad about other people. When you are hiding behind a screen, it's easier to write mean things. Remember, you are still talking about a real person, and your words can cause real harm.

4 Protect Others

Never share photos or videos of someone without their consent, even if they're a member of your family. Everyone has the right to decide whether or not they want to appear on social media.

5 Keep Your Guard Up

Verify your friends' identity, and don't forget that anyone could be hiding behind a false username or avatar. Protect your sign-in information so no one tries to steal your identity.

6 Ask for Help

Whether you are a victim of or a witness to cyber-bullying, remember that it's a crime. Talk about your experience with a trusted adult.

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