

Using social media safely

From connecting with friends, old and new, to staying in the know, social media can be a great tool for you to get the most out of the online world and discover all sorts of new things.

But it's important you manage your social media profiles carefully so that you know what you're sharing, what you're reading, and who you are talking to.

This sheet will give you some tips on how you can navigate social media safely and confidently.

If you want to know how to set up your social media account, visit bt.com/seniorskills to find our factsheet on that topic.

*Instructions may vary according to your device model.


What you'll learn

1. How to stay safe when using social media
2. How to stay in control of your information

Staying safe when using social media

Being a member of a social media site allows you to connect with friends and family (wherever they are in the world) and find new ones with similar interests. Those you connect with will be called 'friends', 'followers' or something similar depending on which social network you're using.

These people will be able to see and comment on anything you decide to share, and vice versa. So always think twice about whether what you're sharing is suitable: some people might not want pictures of their children out there for everyone to see! Always ask permission first. Sometimes it might be better to share things via a private email.

Always check the **privacy** or **security settings** of your social network account. These can be found by clicking on this symbol .

Here, you will have the option of hiding your posts from the public and choosing who can view your social media profile (e.g. everyone, or just followers etc).

Some people decide to keep their information quite private, so that only their connections can see their profile and the things they share. Other people are far more open and don't mind strangers viewing their profile. People with these settings, however, need to be extra careful about what details they share.

Most importantly, never share sensitive information (such as passwords, bank details) with anyone on social media.



Links to further learning

For more information on how you can spot these fake accounts and other types of scams, take a look at our other factsheets.

Simply click the following link or, if this sheet has been printed, type the address into your web browser: bt.com/seniorskills