

The Do's of Social Media

From Mental Health America:

<https://mhanational.org/youth-tech/dos-of-social-media>

Do Set Healthy Boundaries



- Limit Screen Time
- Be Intentional

Do Create a Feel-Good Feed



- Unfollow or Mute Content that Bothers You
- Follow Accounts that Inspire and Uplift You

Do Protect Your Privacy



- Be Cautious of What You Post and Send
- Be Careful with Strangers

Do Focus on Genuine Connections



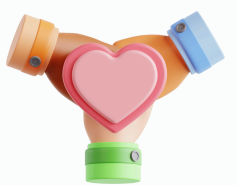
- Strengthen Existing Relationships
- Engage in Meaningful Conversations

Do Know What's Real and What's Fake

- Remember Social Media is Only a Highlight Reel
- Check Your Sources



Do Handle Offensive and Unsafe Content



- Trust Your Instincts
- Ask for Help if Things Get Out of Hand
- Flag and Report if Needed