TOP TIPS for staying safe on social media

to limit your social media use...

Don't let social media run your life!

Have limited screen time.

ΤΟΡ

TIPS

Don't stay on your phone all night, it will make you feel bad.

Know your limits.

Know when to take a break from social media.

Don't be on social media 24/7, do other stuff with friends and family face-to-face.