Cymunedau
Digidol
Cymru
Hyder Digidol,
Iechyd a Lles

Digital
Communities
Wales
Digital Confidence,
Health and Well-being

Darparwyd gan
Delivered by

cwmpas

Rhaglen
Llywodraeth Cymru
Welsh Government
Programme

Social media and understanding boundaries online

How to use this document

These resources have been collated to support you alongside Digital Communities Wales: Digital Confidence, Health and Well-being (DCW) training.

We have included webpages within this document that contain helpful information for supporting others. We have included these as links in this document. Look out for the **pink link symbol,** which you can select with your curser or finger, to open and view the link.

If you are viewing a printed resource, either type the website address into a web-browser or scan the QR code to open the webpage.

How to scan a QR code

1. Open your QR code app on your device. On many modern smart phones, this is your camera app.
2. Point the camera at the QR code and ensure all of the code is in the frame.
3. Look at your screen to see if a website link has appeared. If it has, touch it with your finger and it will open the website!
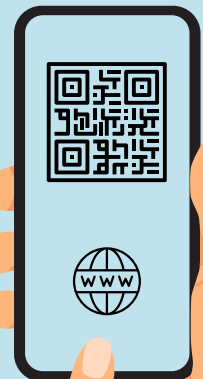
Social media

Social media is a great way to stay in touch with other people.

You can keep up-to-date with what people share and keep informed by popular pages or groups that interest you.

But have you considered that what you share online may be seen by people who aren't your friends?

Public by default

Some social media apps are public by default, meaning your information can be seen by any Internet user. Scan the QR code to watch a video by Barclays bank that demonstrates how someone may maliciously access your information if you haven't made your profile private.

SCAN ME

🔗 **https://bit.ly/3zeColF**

What you post online, what websites you visit, and how you shop online all create a **digital footprint** of data about you.

Which is why it is important to keep your information private and try not to overshare information.

Change your privacy settings

Many social media platforms allow you to change your privacy settings.

This usually means you need to go into your account settings once you are signed in, and navigate to the settings menu that says **security** or **privacy**. From here, you are able to modify your settings to suit you.

Facebook privacy:
🔗 **https://bit.ly/3zASUMN**

X privacy:
🔗 **https://bit.ly/3WgywJM**

Instagram privacy:
🔗 **https://bit.ly/3XWE5yf**

TikTok privacy:
🔗 **https://bit.ly/4bBqgbH**

Avoid oversharing information online

Unfortunately, on social media people will sometimes try to be your friend as a way to trick you into sending money or sharing private information.

Sometimes even people you already regard as a friend may be doing this to you.

It is better to be private and not share information online.

Ask yourself: Would you share the information to a stranger if you were walking down the street?
If the answer is no, do not share it online.

THINK before you post

Is the information that I am going to post or share:

True
Helpful
Inspiring
Necessary
Kind

How to get help or support

Support is out there if you are worried about being targeted by online bullying or scams.

There is always someone you can talk to.

If you, or someone you support are in immediate risk or danger you can dial 999.

To report cyber crime, or get advice, contact Action Fraud by calling **0300 123 2040**.

For more information about online safety, visit **www.getsafeonline.org**.

What next?

To find out more about our support, get in touch:

digitalcommunities.gov.wales/contact-us/

0300 111 5050

Find us on