

When using social media, let us try and build social harmony.

Is what you are sending bad (harmful, embarrassing)?  
If so, then don't post.

Are you posting personal information,  
without the person's permission?

**REMEMBER** photos and videos once shared are out of  
your control and people can do anything with them.

Be kind, respectful, and truthful.

**REMEMBER** there are dangerous people  
online. Be careful and do not accept new  
friends that you don't know.

**SOCIAL MEDIA –  
THINK  
BEFORE YOU  
ACT**

Make social media safe for  
you and others.

You do not have to reply to or engage with  
anyone who sends you a negative message,  
or any content that hurts your feelings or  
makes you feel unsafe or uncomfortable.

It is advisable that you turn off location  
tags on all platforms to protect yourself  
and your privacy.

Other social media users may have different  
views and opinions. Therefore respect others' views.

It is advisable that you keep your social media  
accounts private so that you can control who  
has access to your profile, posts, and photos.

If someone asks you to delete a post about them,  
you must do so.

**MORE INFORMATION**



[www.sahrc.org.za](http://www.sahrc.org.za)