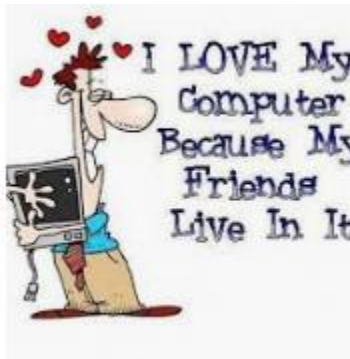


ELSA Newsletter

Welcome to the ELSA Newsletter. This newsletter will remind you how to keep yourself safe online along with some well-being top tips when using social media.

Technology plays such a big part in our lives now which can have huge benefits, but there are things that we need to be aware of to keep ourselves safe and happy.

Do you really know who your cyber friends are?



VS



It's best not to accept friendship requests from people who are friends of friends as you really do not know who they are. It's so easy to pretend that you're someone else on social media or gaming platforms. We all think that we're aware of these things and would never fall for people pretending to be someone different but people can be really sneaky if they really want something from you.

Think before you post

It's so easy to reach for your phone when you're bored and start posting things to past the time. Some people really like posting things because it makes us feel really good when our friends like the posts but it can also make us feel really bad if someone starts commenting on the things we've said or on pictures that we've posted. Social media apps such as TikTok even encourage us to post quick videos of ourselves but before posting anything think about these things:



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Social media vs Reality

Sometimes when we're flicking through social media it often makes us compare our lives or appearance to other people's. This is something that we shouldn't do as it can make us feel bad about ourselves or make us feel that our lives are worse than everyone else's, but how do we know when things are fake and when they are real?

For example:



#naturallook #freshface



#reality #therealme

To manage this we need to do two things:



and



So just remember; think about who your friends are on social media/gaming, don't feel bad about yourself when looking at other people's posts, don't believe everything you see on social media and think before you post.

