



eSafetyHQ

Online Learning Program

Creating a positive online profile

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Here are some tips to help you create a positive online profile.

Check your privacy settings often

Sometimes things you post go public when you didn't think they would. Always remember on the internet nothing is really private and you can't every truly 100% delete something. There could be a screenshot somewhere or it could be permanently stored in the app and we don't know if this may be released at some time in the future. When posting on any platform or visiting websites, make sure the privacy settings are set to the highest levels to protect you. Check them often. In all cases make sure you, or any of your friends are never in school uniform in any photo or video and always ask permission before you share a photo of someone else.

Posting positively online

Some examples of ways to express yourself positively online include:

Being kind and respectful.

Everyone has the right to their own opinion. Do not respond with negative personal comments against the person who has posted if your opinion is different. If you don't agree don't engage.

When you are over 13yrs create one account on Instagram in your real name and only post about what you want to do when you leave school. Keep it public but check that you don't tag your location or any other personal information like photos in uniform.

For example, if you want to be a chef only post about cooking, healthy lifestyle and photos of the food you have prepared.

Write a blog posts about your passion for cooking.

Write an article and a recipe for your school magazine.

Follow the social media pages of chefs that you admire, food photographers, local markets and anything to do with cooking and healthy lifestyle.

Remember that you are your own online advertising agency. If you create a positive account it may support your job applications if they can see that you have been passionate about cooking since you were in High School.

Think before you post and follow.

Know when something you want to post online is or isn't appropriate.

Think about who and what pages you follow and what that says about you.

Secure your friends list if you are a Facebook users.

Keep boards on Pinterest set to secret.

Google yourself regularly.

Think about the future.

When applying for everything from a job, a scholarship or to be accepted into a professional sports team you need to be mindful that people will search for information about you online.

Taking steps to build a positive online presence will help you.

Refer to specific app cheat sheets for further information

www.safeonsocial.com

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