

Tips to Practice and Improve Your Social Media Literacy and Habits



rivers
to success

Question Everything

Before you share or believe something, ask yourself:

- Who created this?
- Why did they share it?
- Is there evidence to support it?

Cross-reference information with trusted sources or community members.



Protect Your Privacy

Regularly review your privacy settings. Be mindful of what personal information you share. Remember, once something is online, it's often there forever.



Think Before You Post

Consider the impact of your words and images. Is it respectful? Is it accurate? Does it align with your values and the teachings of your community?



Curate Your Feed

Follow accounts that uplift, educate, and inspire you. Unfollow or mute content that makes you feel negative or misinformed. Your feed should create a supportive space for yourself - even if it's only to scroll.



Take Breaks

Social media can be overwhelming. Schedule time away from screens to reconnect with yourself, your friends, your community, and the land.

Engage Respectfully

Participate in discussions with kindness and cultural humility. Challenge ideas, not people. Report harassment or hate speech.

Remember that if you wouldn't say it to someone's face, you probably shouldn't type it out.



Helpful Resources



Forest App [↗](#)

Helps you stay focused by growing a virtual tree while you avoid your phone.

Freedom [↗](#)

Blocks distracting apps and websites.

MediaSmarts [↗](#)

Offers excellent resources on digital literacy, privacy, and online safety for Canadian youth.

What is Digital Citizenship? [↗](#)

Watch the video on YouTube.