


Checklist to enjoy social media

The checklist and tips below will help you make the most of a safer and happier social media experience!

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- 1 Enjoy your social media life** but do take a moment to set up your account right at the start and take another look at settings from time to time.
 - 2 Always stay alert** and make sure you know who you are talking to!
 - If at any time you feel uncomfortable or upset, **please talk to a trusted adult.**
 - 4 If you feel pressured** by your online friends, please read about [Peer Pressure](#).
 - 5 If you would like help** with something upsetting you, see [Helpful Stuff](#).
 - 6 If you chat to people when you are gaming,** see [You, Your Games and Your Friends](#).