



# Social Media Contract

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1. Social media can be really positive. It's fun to share with friends, it's a good place for making plans and it's nice to keep in touch with people I meet. I will enjoy it, but never make it important. There are so many more important things in my life. Five more important things are:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
2. I will always remember that on social media I am looking at the very best bits of other people's lives. They are not better than me, or happier than me, or worth more than me.
3. I will think carefully about what I say on social media. I will be kind and respectful. I will talk about events and ideas, not people. I will not be involved in arguments. If I have an issue with someone, I will resolve it face to face, not online.
4. I will think very carefully about the images I post of myself. Taking photographs of body parts and posing in a sexual way is not allowed. I cannot guarantee who will see those photos or where they will end up, even if my security settings are on. My emerging sexuality is perfectly normal and to be celebrated, but not shared on social media.
5. I will not use social media during family time. Family is important. They will love me and support me for years after all the social media platforms and online friends have been forgotten.

