

Staying safe online when using social media

Social media plays a key part in our digital marketing strategy and building communities of support for people with our conditions. It is the central way we convey our message of No Life Half Lived and we encourage CHSS Community Connectors to help us achieve this.

We want to make sure all volunteers are staying safe when posting CHSS messages on social media.

Please follow our guidance when posting on social media and read our CHSS Social Media Policy for more information, which is saved in the [Document Hub in Assemble](#).

- Be cautious about sharing personal details like your full address, phone number, or date of birth
- Adjust your privacy settings on each platform to control who can see your posts and information
- Use a combination of upper and lowercase letters, numbers, and symbols to create passwords
- Avoid re-using the same passwords, create unique passwords for each account
- Be wary of unsolicited friend requests or messages from unknown individuals
- Be aware of fake profiles that may try to trick you into sharing sensitive data
- Do not post any content that is likely to offend other users

To get instructions on how to stay safe on Facebook, Instagram and X, please click on the links below.

[Facebook](#)

[Instagram](#)

[X](#)

If you would like to chat further about staying safe online when using social media, please contact the Volunteer Team on volunteering@chss.org.uk