



SOCIAL MEDIA MINDSET

www.girlsocialmediaproject.com

SMART

- ✓ investigate
- ✓ understand
- ✓ keep up-to-date



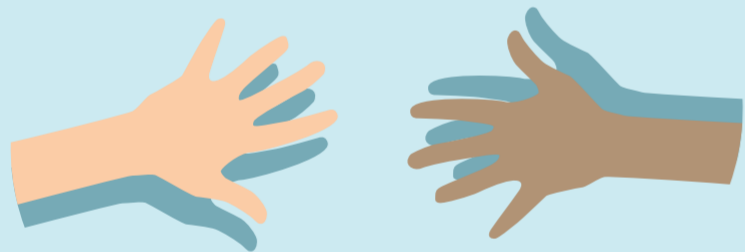
SENSIBLE

- ✓ set healthy boundaries
- ✓ make good choices
- ✓ know the consequences



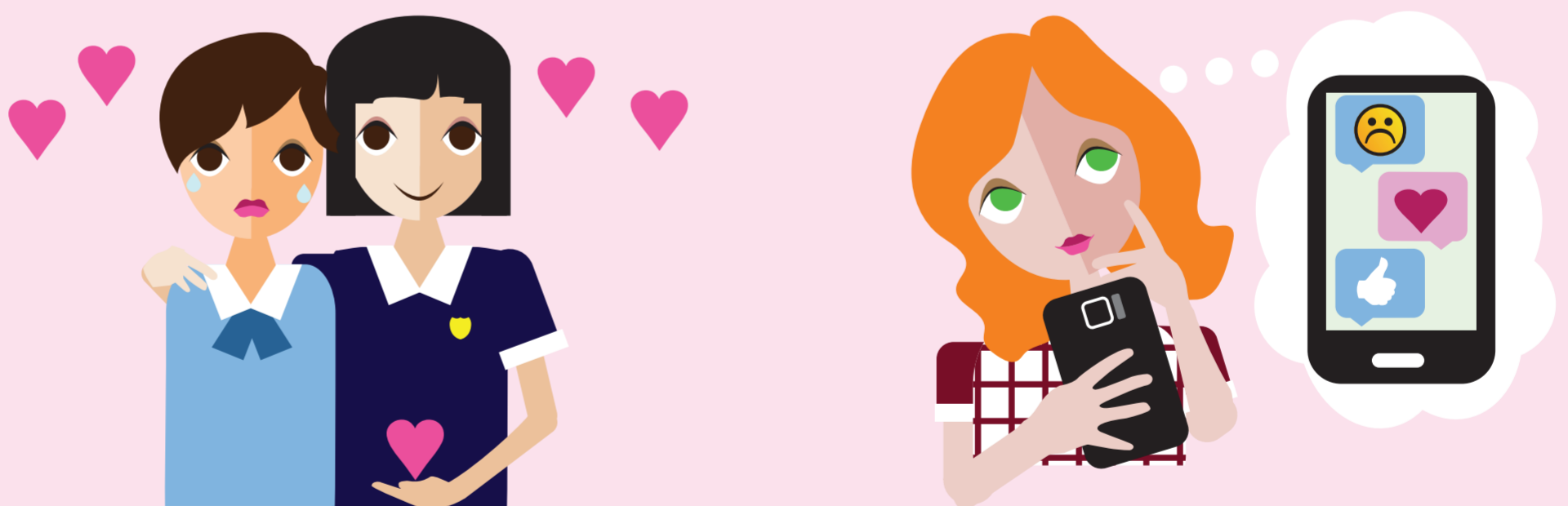
SUPPORTIVE

- ✓ lend a hand
- ✓ provide encouragement
- ✓ know when friends need adult help



SENSITIVE

- ✓ feel for others
- ✓ be thoughtful
- ✓ talk it out



SAFE

- ✓ personal safety plan
- ✓ know and use help options
- ✓ get help before things escalate

Don't bottle it up and get all stressed out or sad about it. If you feel like you can't talk to anyone else, call a help line. I did that. They helped me to talk to my parents.



1800 55 1800



Project Investigator: Roberta Thompson
 ✉ r.thompson@griffith.edu.au
 Griffith Institute for Educational Research
 Griffith University Project Ref No: 2017/568



©2019 Roberta Thompson
 Designed by Joy Reynolds