

Helping your learner use social media safely

From connecting with friends, old and new, to staying in the know, social media can be a great way for your learner to get the most out of the online world and discover all sorts of new things.

But it's important they manage their social media profiles carefully so that they know what they're sharing, what they're reading, and who they are talking to.

This sheet will give some tips on how they can navigate social media safely and confidently.

If your learner wants to know how to set up their social media account, they can click on or type the following address into their web browser bt.com/seniorskills

*Instructions may vary according to your device model.

What you'll cover


1. Staying safe when using social media
2. How your learner can stay in control of their information

Remember: This is about helping your learner build their confidence and skills. Encourage them to carry out each step themselves and avoid doing it for them. If they do get stuck, feel free to show them, but then ask them to repeat it on their own.

Staying safe when using social media

Being a member of a social media site allows your learner to connect with friends and family anywhere in the world and people with similar interests to them. Those they connect with will be called 'friends', 'followers' or something similar depending on which social network they are using.

These people will be able to see and comment on anything they decide to share, and vice versa. So, encourage your learner to always think twice about whether what they're sharing is suitable: some people might not want pictures of their children out there for everyone to see so it's best to ask permission before posting something. Sometimes it might be better for them to share things via a private email.

Always have your learner check the **privacy** or **security settings** of their social network account. These can be found by clicking on this symbol .

Here, they will have the option of hiding posts from the public and choosing who can view their social media profile (e.g. everyone, or just followers etc).

Some people decide to keep their information quite private, so that only their connections can see their profile and the things they share. Other people are far more open and don't mind strangers viewing their profile. People with these settings, however, need to be extra careful about what details they share.

Most importantly, your learner should never share sensitive information (such as passwords, bank details) with anyone on social media.



Links to further learning

For more information on how your learner can spot these fake accounts and other types of scams, take a look at our other factsheets.

Simply click the following link or, if this sheet has been printed, type the address into their web browser: bt.com/seniorskills

Using social media safely

From connecting with friends, old and new, to staying in the know, social media can be a great tool for you to get the most out of the online world and discover all sorts of new things.

But it's important you manage your social media profiles carefully so that you know what you're sharing, what you're reading, and who you are talking to.

This sheet will give you some tips on how you can navigate social media safely and confidently.

If you want to know how to set up your social media account, visit bt.com/seniorskills to find our factsheet on that topic.

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What you'll learn

1. How to stay safe when using social media
2. How to stay in control of your information

Staying safe when using social media

Being a member of a social media site allows you to connect with friends and family (wherever they are in the world) and find new ones with similar interests. Those you connect with will be called 'friends', 'followers' or something similar depending on which social network you're using.

These people will be able to see and comment on anything you decide to share, and vice versa. So always think twice about whether what you're sharing is suitable: some people might not want pictures of their children out there for everyone to see! Always ask permission first. Sometimes it might be better to share things via a private email.

Always check the **privacy or security settings** of your social network account. These can be found by clicking on this symbol ⚙️.

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