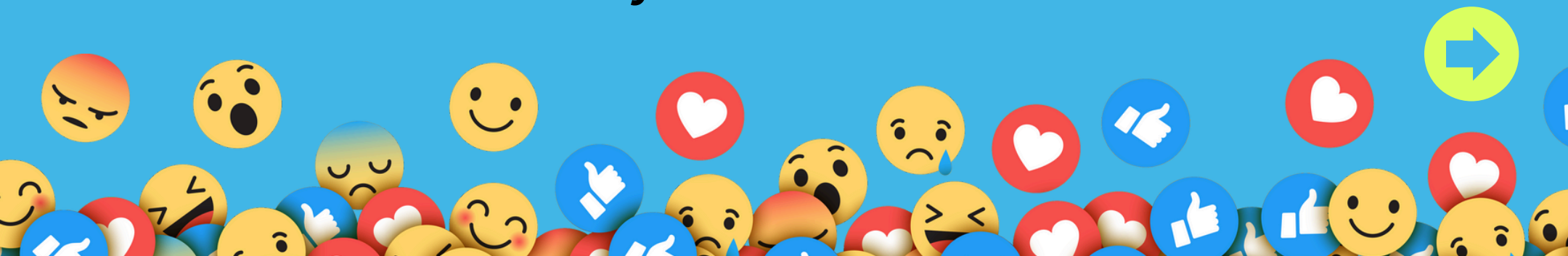
Dorset Mental Health Support Team in Schools

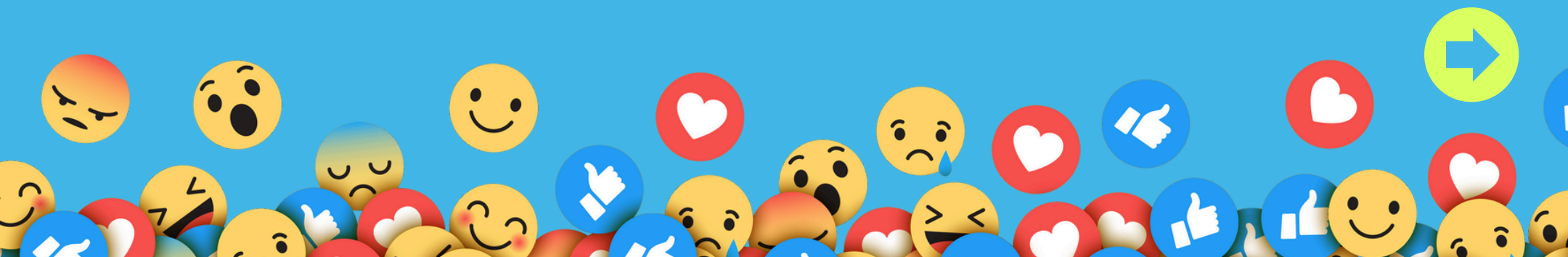
NHS
Dorset HealthCare University
NHS Foundation Trust

How to take charge of your social media

Social media can be fun, but sometimes it shows things you don't like. Here's how to be the boss of your feed and stay safe online!

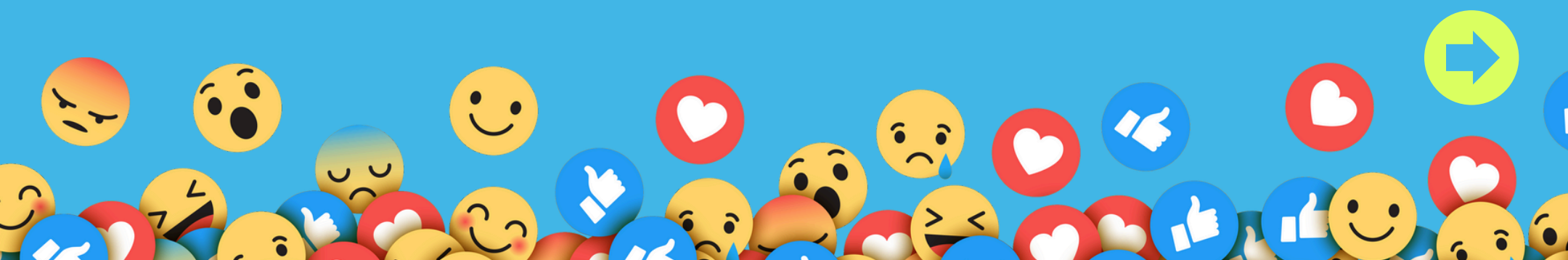


Making Your Feed Work Better



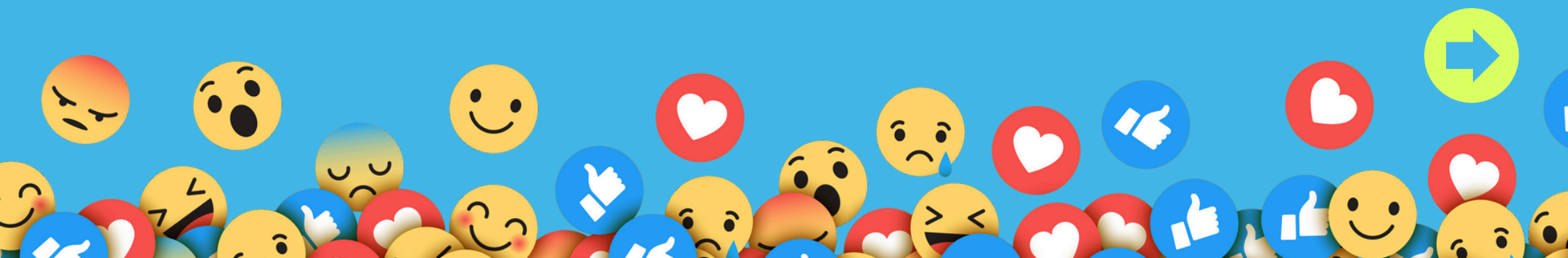
Choose Good Stuff

Look for accounts or pages that share things you enjoy, like funny videos, cool facts, or inspiring stories. Hit the “Follow” button on those accounts.



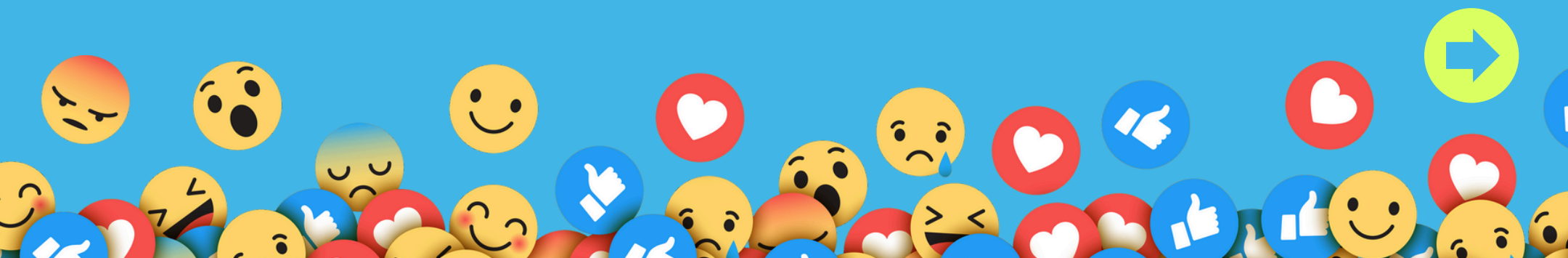
Hide What You Don’t Like

When you see a post you don’t want, tap the three dots (•••) or options button on the post. Then choose “Mute,” “Unfollow,” or “Hide” to stop seeing posts like that.



Follow Lots of Different People

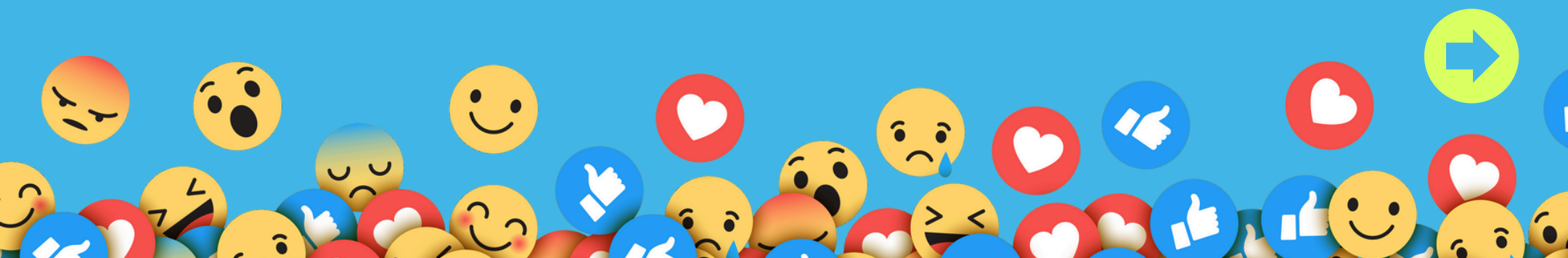
Try to follow different kinds of accounts like animals, sports, science, or art. This helps you see new things and keeps your feed interesting.



See Posts in Order

When the app chooses what to show you first, it tries to guess what you like based on what you click or watch. Sometimes, it shows you the same kinds of posts over and over, which can get boring or even make you feel upset.

But when you switch to “Most Recent” or “Chronological” feed, you see posts in the exact order they were shared - from newest to oldest.



See Posts in Order

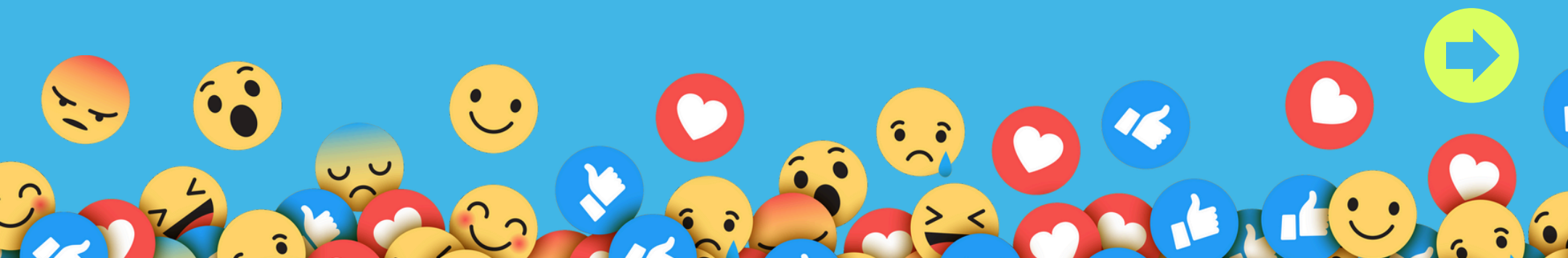
In short, this gives you more control over what you see and helps you have a better experience online! Which means:

- You don’t miss new posts from friends or accounts you like.
- You get to decide what to look at instead of the app guessing for you.
- It helps you see a bigger variety of things, so your feed feels fresh and interesting.

How to do it: Go to the app’s settings or feed options and pick “Most Recent” or “Chronological” view. This way, you see posts from newest to oldest, just like a storybook!

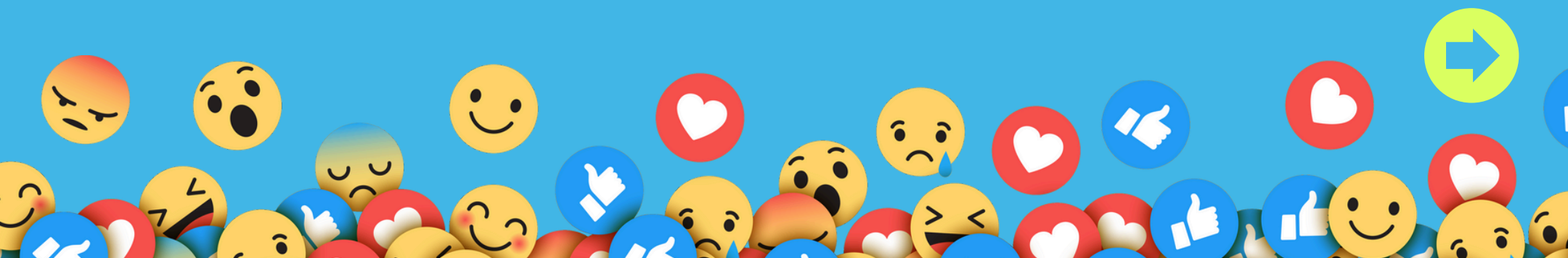


Being Safe and Smart Online



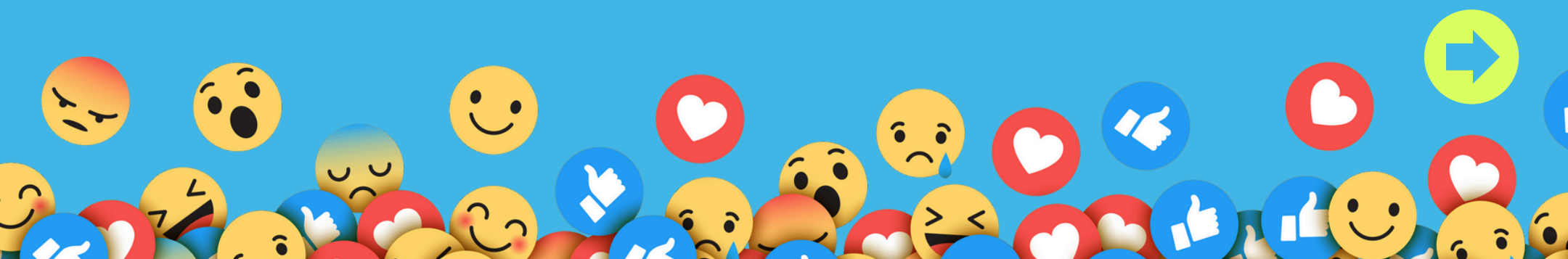
Keep Things Private

Go to your account settings and look for “Privacy.” Choose options like “Friends Only” or “Private Account” so only people you know can see your posts.



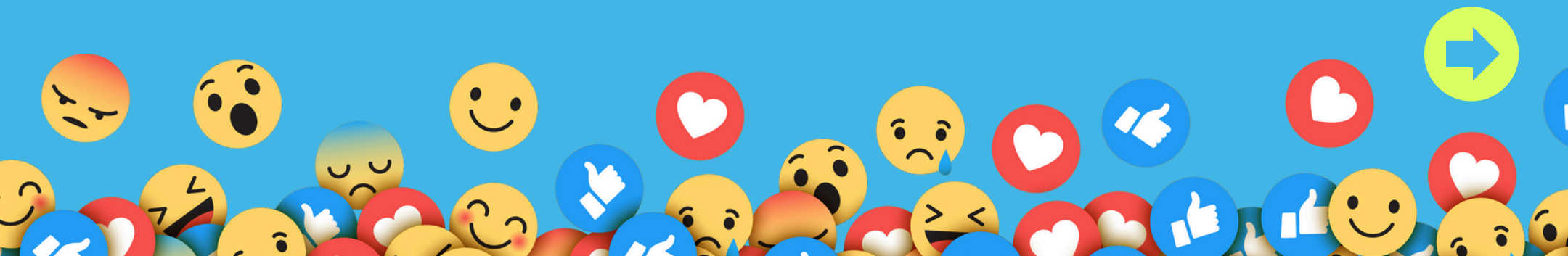
Know How to Report

If you see something mean or scary, tap the options (•••) on that post or profile and select “Report” or “Block.” This tells the app to look at it and keep you safe.



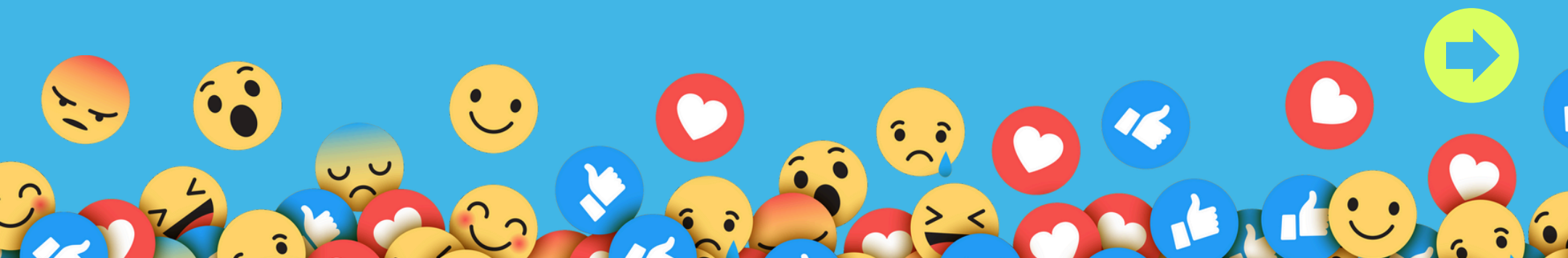
Think Before You Post

Before sharing pictures or messages, ask yourself, “Is this kind? Is this true? Would I want everyone to see this?” If yes, go ahead! If not, don’t post it.



Take Breaks

Set a timer on your phone for how long you want to be online. When the timer goes off, do something fun away from screens, like playing outside or reading a book.

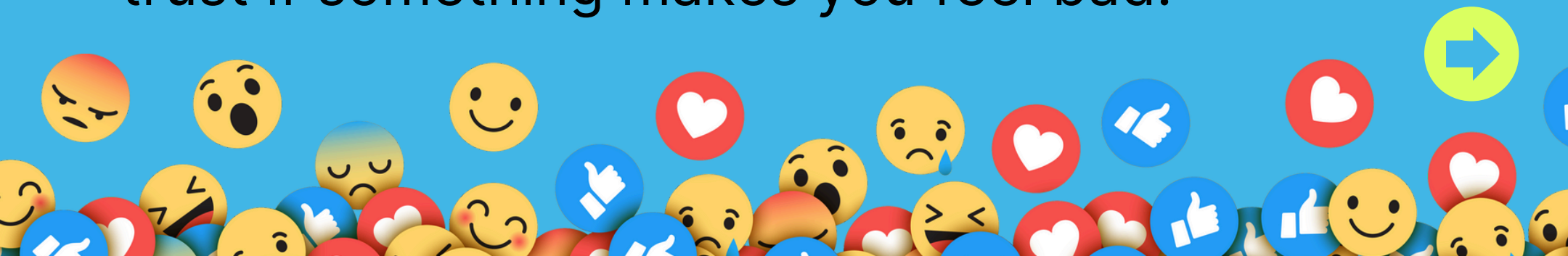


What Are Algorithms?

Algorithms are like robots that help show you posts you like based on what you click or watch.

Remember, the more you like or watch something, the more you'll see similar posts. So choose what you interact with carefully!

If you start feeling upset or tired of looking at your feed, take a break. Talk to someone you trust if something makes you feel bad.



Why This Matters?

- Knowing these tips helps you use social media in a smart and safe way.

- Choosing good stuff and taking breaks makes social media more fun!

- Balancing screen time with real-life fun keeps your brain and body happy.

Follow @dorsetmhst for more tips!

