

## A Checklist for Teens Posting on Social Media

Being smart and safe online can seem like a huge challenge, for adults and teens. But teens struggle with the double edged sword of being early-adopters of new technology. They get to experience the new apps and platforms for social media, but these spaces are generally unmoderated, and can allow for online bullying and harassment.

In Moving Traditions monthly groups *Rosh Hodesh: It's a Girl Thing!* and *Shevet Achim: The Brotherhood*, teens have the opportunity to figure out for themselves what is okay to share on social media, guided by Jewish texts and a Moving Traditions-trained group leader. Together they create their own guidelines to help protect themselves and others.

Here is the kind of checklist for posting on social media that teens might create in a *Rosh Hodesh* or *Shevet Achim* group:

Is this funny without being mean?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do I know who can see this?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Can I imagine talking to my parents/adults in my life about this post?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Would I like this if I saw someone else post it?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Would I say this to someone's face?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
This post can never really be deleted. Is it something I can live with forever?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Am I using this post to take a risk that I feel good about?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is this post contributing to people's stereotypes about girls/boys?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
When I look at my last 10 posts, do I like the picture they paint of who I am?	<input type="checkbox"/> Yes	<input type="checkbox"/> No