

EXPLORE THE WORLD OF SOCIAL MEDIA WITH US!



What can you do to have a safe experience while on social media.

Learn what's good and bad about social media.

Stay connected with friends and family.

Participant goals to be achieved in this program:

- Computer skills.
- Safe use of social media.
- Protecting personal information.
- Staying connected with family and friends.
- What to do if things go wrong.
- Introduction to Facebook, Instagram and TikTok.
- Making new friends who share similar interests.
- Understanding online abuse and bullying.



CONTACT

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Connecting2Australia
DISABILITY WITHOUT LIMITS

SAFETY ON SOCIAL MEDIA

PROGRAM TIMEFRAME: 12 WEEKS

PROGRAM INFORMATION

WEEK	DATE	DAY	TIME	GOAL & PLAN
				Understand why is safety on social media important? What are the risks? How do you control your privacy settings? What to do if things go wrong. Post your experiences on C2A social media.
1				What's Good About social media: <ul style="list-style-type: none">• stay connected with friends and family.• enhance your creativity by sharing ideas, music, and art.• meet and interact with others who share similar interests.• access health information.• learn about current events.
2				What's Bad About social media? The flipside is that social media can be a hub for potentially harmful or questionable activities.
3				Cyberbullying and online abuse — online abuse and harassment are a risk for anyone using social media and chat apps.
4				How to keep safe on the internet / Computer skills.
5				Not protecting your personal information — account details and location-based information can be used inappropriately by others to find you or access your online accounts. It is important that you understand the risks associated with disclosing information about yourself online and know how to manage both your privacy and online friends. Learn more about how to protect your personal information and set strong passwords.
6				Introduction to FB, Instagram, Tick tock.
SIX WEEK PROGRAM REVIEW				Document program progress to ensure you have learnt new skills and are achieving your goals.
7				Bullying on social media/ mobile phones / emails etc.
8				Image-based abuse — an intimate image of you could be shared online without your consent.
9				Social media uploading
10				Researching the internet safely.
11				The eSafety Guide - Learn about the latest games, apps and social media, including how to protect your information and report harmful content. https://www.esafety.gov.au/key-issues/esafety-guide
12				Start posting on C2A's social media platforms.
TWELVE WEEK PROGRAM REVIEW				Document program progress to ensure you have learnt new skills and are achieving your goals.