Checklist to enjoy social media

The checklist and tips below will help you make the most of a safer and happier social media experience!

1. **Enjoy your social media life** but do take a moment to set up your account right at the start and take another look at settings from time to time.

2. **Always stay alert** and make sure you know who you are talking to!

3. If at any time you feel uncomfortable or upset, **please talk to a trusted adult.**

4. **If you feel pressured** by your online friends, please read about [Peer Pressure](#).

5. **If you would like help** with something upsetting you, see [Helpful Stuff](#).

6. **If you chat to people when you are gaming,** see [You, Your Games, and Your Friends](#).

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