

HEALTH

Education

Get Fit with Social Media

Technology is a tool that can help or hurt us. We have all been there... You open your phone to check the weather and 30 minutes later you are watching videos of dogs on the internet wondering how you got there. One would agree that it is easy to get lost in our electronic devices and our social media profile.

While it has become increasingly popular to spend hours behind a screen, it is important to be mindful with the use of technology. For example, if you find yourself spending excess time on your device, make an effort to use the time to your benefit. Instead of senselessly scrolling through your newsfeed, dedicate the time to search for a new healthy recipe to make for dinner or research a new outdoor activity to try with your family or friends this summer!

In addition to finding balance with internet use, it is important to practice internet safety. There are many dangers to using social media sites, especially public accounts that share personal information. Education in youth is extremely important in regards to utilizing social media in the safest way possible. Below are some tips for adults and children to incorporate while practicing safe internet use.

DOs:

- Keep your virus software up to date.
- Think before you post. Be aware of what you put on the internet and who could possibly see it (i.e. personal information, where you are, who you are with).
- Limit your use of technology to set a positive example for your children, especially no texting and driving!
- Utilize parental locks for inappropriate channels, sites, etc.
- Communicate openly with your children about internet safety!

DON'Ts:

- Overshare. There is no need to fill out optional information on forms or give too much detail about your personal life.
- Use location-based services. This feature can often be controlled and turned off. Look into it! You never know who may be looking at your posts and what their intentions are.
- Use simple passwords. Be creative! Utilize a mixture of capital and lowercase letters, symbols, numbers, and non-dictionary words.
- Ban technology from your children. This encourages use outside of the home where it cannot be monitored.

References:

<http://www.nccp.org/topics/internet-safety/mind-what-you-do-online-protect-yourself-against-cybercrimef>

<https://cuit.columbia.edu/cuit/it-security-resources/social-networking-dos-donts>



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