Social Media
Everything you need to know

Help line 210 6007686
Awareness Center
Line for illegal content
Social Media Networks

Social media provide the ability to interact with people, enabling users to create individual profiles, communicate with other members of the service, and share all kinds of digital files (music, photo, text, etc.), as well as personal thoughts and emotions. Because of the multitude of possibilities offered to their users, social media has dramatically changed the concept of communication in the modern era, therefore affecting human relations. Another important element is that their level of dissemination and consolidation, especially among young people, is particularly high.

What should I be aware of?

**Disclosure of personal data:**
Many times, even if we are very careful and protect our personal data, we cannot control what other users are revealing about us through their publications. Moreover, by sharing a photo, we can uncover our data without realizing it.

**Configure poor online reputation**
Whatever we upload on the internet, even if we then delete it, goes beyond our control as we do not know who has saved it and how it will be used. Also, anyone can formulate a negative view of us from third-party material or comments posted on the web, which can cost us in our relationships and in our personal evolution.

**Cyber-bullying**
Material or comments we publish can be used by malicious users to disturb or threaten us.

**Location**
By disclosing where we are, we become vulnerable to malicious users who may use this information to harm us.
**Grooming**
It is very easy on the Internet to tell a lie about who a person really is and to start talking online with us in order to gain our trust so that we can meet him in the real world and give him the chance to take advantage of us.

**Impersonation**
Anyone who has access to our profile may “steal” our name, photo and other items and use them for malicious purposes. Also, if he has access to your passwords he can pretend to be you and cause problems to other users.

**Granting data to applications / companies**
Many social networking platforms contain applications that are not always secure and to enabled request access to our personal data, which we do not know by whom and how they will be used later on. Our personal information is often given to companies and used for targeted advertising and other purposes without our will.
Basic tips...

Terms of use
Before we proceed to create a social networking profile, it’s a good idea to read its terms of use and security policy carefully. If we do not agree with some terms, then we do not proceed with our registration. But even if we agree and open a profile, we need to return frequently to the terms of use because providers have the right to change them at any time without notice.

Privacy
We check security and privacy settings for our profile. We adjust them in such a way that our profiles and publications are only visible to our friends. We ask our friends not to publish material that concerns us without our consent. We do not allow apps to make any use of our data and publish in our profile.

We think before we share
Before proceeding with any publication on social networks, it is good to keep in mind that even if we erase it, it has escaped our control, since it can stay on the web forever and characterize us. We also think about how those who read it will feel and what impact it can have on the lives of others or on our own future course. If our publication relates to or discloses information about someone else, we first ask for their consent before we post it.
We do not trust strangers
We are careful about who we accept to become friends on the internet and who we are talking to. We never get to meet someone we do not know in real life, and we do not exchange information or provocative photos or videos online, since we do not know what someone can do with them and how they can be used.

We protect our passwords
We use “strong” passwords that we do not disclose to anyone. We use a different password for each account we have and remember to change it at regular intervals. If we realize that our account has been compromised, we report it to the social network administrator or SafeLine.gr.
*Be aware of online risks and learn how to protect yourself.*