



Guidance: Social Media

Approved by:	BSJU Executive Board
Approval Date:	01 December 2022
Review Date:	30 November 2024



The British Shuai Jiao Union (BSJU) understand that social media can be a powerful tool for communication, networking, and self-expression, but it also comes with risks and challenges.

The BSJU believe that social media can be used to promote Shuai Jiao (Chinese Wrestling) safely. Individuals and organisations should regularly review and update online presence and privacy settings to stay secure and enjoy a positive online experience.

To use social media safely and responsibly, consider the following guidelines:

1. Protect Your Privacy

Review and adjust your privacy settings to control who can see your posts and personal information. Be cautious about sharing sensitive or personal details, such as your home address, phone number, or financial information.

2. Be Mindful of What You Share

Think before you post. Avoid sharing confidential, embarrassing, or compromising content that could harm your reputation or others. Once something is online, it can be challenging to remove entirely.

3. Verify Information Before Sharing

Before sharing news articles, information, or statistics, verify their accuracy from reliable sources. Misinformation and fake news are prevalent on social media.

4. Protect Your Passwords

Use strong, unique passwords for your social media accounts, and update them regularly. Enable two-factor authentication when available to enhance security.

5. Recognise Phishing Attempts

Be cautious of unsolicited messages or links from unknown sources. Cybercriminals may attempt to steal your personal information or hack your account through phishing attempts.

6. Avoid Clickbait and Suspicious Links

Don't click on suspicious or clickbait links. These may lead to malicious websites or compromise your device's security.

7. Be Wary of Strangers

Be cautious when interacting with people you don't know in real life. Not everyone online is who they claim to be. Avoid sharing personal information with strangers.

8. Cyberbullying Awareness

Treat others with kindness and respect online, just as you would in person. Report and block users who engage in cyberbullying or harassment.

9. Think About the Future

Consider how your social media presence may affect your future, including job opportunities, college admissions, and personal relationships. What you post today can have long-term consequences.

10. Manage Notifications

Adjust your notification settings to limit distractions and maintain your mental well-being. Excessive notifications can be overwhelming.

11. Be Cautious with Location Sharing

Be selective about sharing your location, especially in real-time. Avoid advertising your whereabouts to protect your safety and privacy.

12. Understand Terms of Service

Familiarise yourself with the terms of service and community guidelines of the social media platforms you use. Violating these guidelines can result in account suspension or removal.

13. Report Inappropriate Content

If you encounter offensive, harmful, or illegal content on social media, report it to the platform administrators. Reporting helps maintain a safer online environment.

14. Educate Yourself About Online Scams

Be aware of common online scams, such as pyramid schemes, phishing scams, and fraudulent offers. Don't engage with or share information with suspicious accounts.

15. Protect Your Devices

Keep your devices and antivirus software up to date to safeguard against malware, viruses, and hacking attempts.

16. Limit Screen Time

Balance your online and offline activities. Excessive screen time can negatively impact your mental health and well-being.

17. Respect Copyright and Intellectual Property

Do not share or use copyrighted content without permission. Always credit the original creators when sharing their work.

18. Be Kind and Supportive

Foster a positive online community by being kind, supportive, and respectful of others' opinions and perspectives.