TECH OWL
TECHNOLOGY FOR OUR WHOLE LIVES

Social Media Survival

by the PA Technology Champions

Temple University
College of Education and Human Development
Institute on Disabilities

PENNSYLVANIA DEVELOPMENTAL DISABILITIES COUNCIL

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The PA Technology Champions is a community of individuals with developmental disabilities from PA. This guide is a resource to make technology accessible to everyone.

This guide is for: Everyone interested in learning about how to use social media.

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CHAPTER 1
Social Media

Social media is a way to interact with other people online.

It can help connect us to people from all over the world.

You can use social media to share things you like.

CHAPTER 2
Instagram

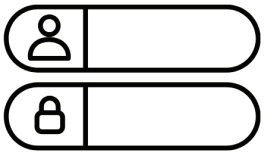
Instagram is an app for sharing photos and videos.

You can follow people to see their posts.

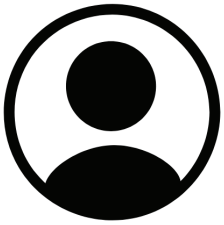
You can keep your account private so only friends that you accept can see your posts.

CHAPTER 3
Getting Started with Instagram

Download the Instagram app.



Create an account with your email or phone number.



Choose a username that you can remember.

You can add a profile picture if you want or skip it.

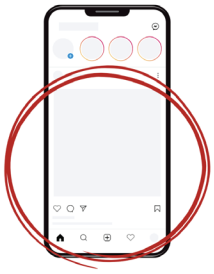
CHAPTER 4
Posting on Instagram

You can post pictures or short videos called Reels.

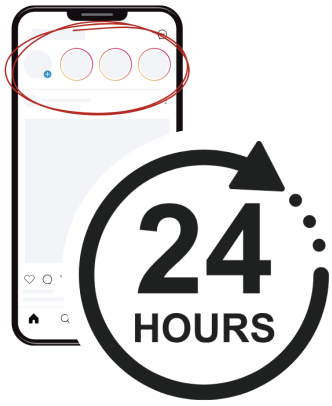
You can include a caption to help people understand more about the photo or video.

Only share photos and videos you’re comfortable with other people seeing.

CHAPTER 5
Types of Instagram Content



Posts are pictures or videos your followers can see anytime on your page.



Stories will be seen by your followers. They go away after 24 hours

A message is private between you and another person.

CHAPTER 6
Facebook

Facebook is an app for connecting with friends and family.

You can share posts, photos, and updates.

You can adjust your privacy settings to change who can see your profile.

CHAPTER 7
Getting Started with Facebook

Go to Facebook.com or download the Facebook app.

To sign up for an account, enter your name, email or phone number, password, birthday, and gender.

Finish signing up by entering the code Facebook sends you.

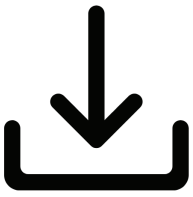
CHAPTER 8
TikTok

TikTok is an app where you can share and watch short videos.

You can follow people and see their videos.

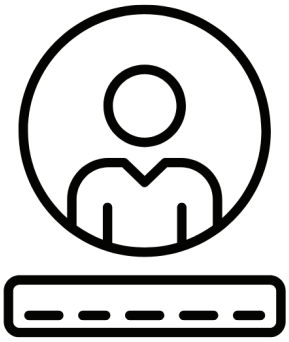
You can make your TikTok account private.

CHAPTER 9
Getting Started with TikTok



Download the TikTok app.

Sign up with your phone number or email address.

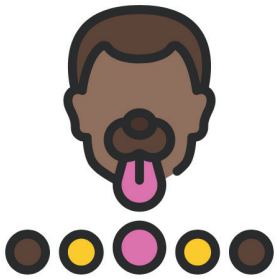


Enter your birthdate, create a password, and pick a username.

Finish signing up by entering the code TikTok sends you.

CHAPTER 10
Snapchat

Snapchat is an app where you can share photos and messages.

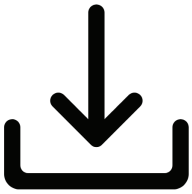


It has cool face filters, like one where you can look like a dog.

Snapchat pictures go away when you are done looking at them.

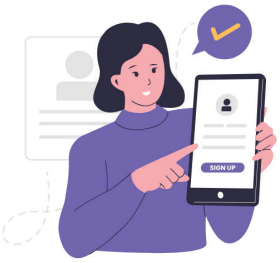
Your Snapchat account is automatically private, but you should be careful about who you add as a friend. Don’t add anybody that you don’t know.

CHAPTER 11
Setting up a Snapchat Account



First, download the free Snapchat app on your phone.

When it opens, click “sign up”.



Enter your first name and your birthday.

It will automatically give you a username, but you can change it by clicking “change my username”. You might choose to make your username something that is safe to share rather than your name.

CHAPTER 11
Setting up a Snapchat Account
(continued)

Set a password. Make sure your password is something that you can remember. Strong passwords have a mix of letters, numbers, and special characters.

Enter your phone number and input the security code that you received via text.

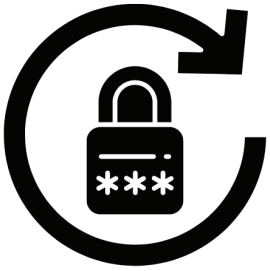
CHAPTER 12
Staying Safe on Social Media

Using social media can be fun, but it is important to stay safe.

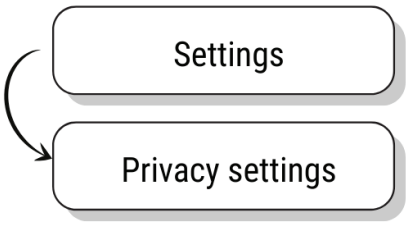
Think before you post or share anything.

It’s okay if you don’t want to use social media.

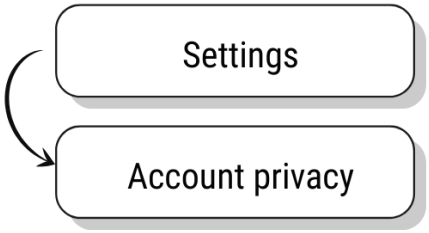
CHAPTER 13
Privacy Settings on Social Media Apps



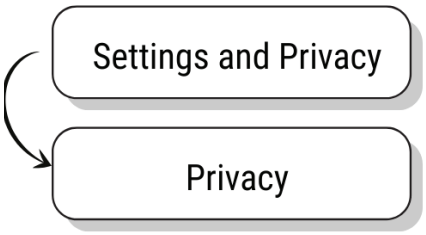
You can change your privacy settings.



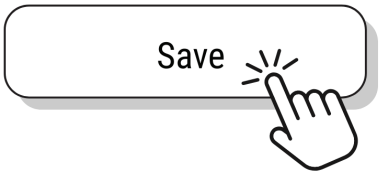
In Facebook, go to “settings” and then “privacy center” to make changes to your privacy settings.



On Instagram, go to “settings’ and then “account privacy” to make changes to your privacy settings.



On TikTok, go to “settings and privacy” and then “privacy” to make changes to your privacy settings.



You may need to click “save” to complete the change.

CHAPTER 14
Friend Requests

To stay safe, only connect with people you know.

Don’t add strangers as friends.

It is safer to only talk to people you trust.

CHAPTER 15
Scammers

A scammer is someone who tricks people to steal money or personal information.

Scammers often pretend to be someone else to fool you.

Be careful with messages from strangers.

CHAPTER 16
Suspicious Messages

Some scam messages might promise a big prize or ask for your personal information.

Don’t click on links that look suspicious.

These kinds of messages might be from someone trying to get money.

CHAPTER 17
Misinformation

Not everything on the internet or social media is true.

Double check where the information is coming from.

Make sure the information is from a trusted source like websites that end in .org or .edu.

CHAPTER 18
Red Flags to Look Out for on Social Media

Be careful if someone tries to sell you something or asks for your personal information.

Never share personal details, like where you live.

Don’t download files from people you don’t know.

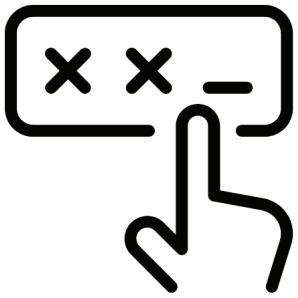
CHAPTER 19
Passwords

A good password keeps your account safe from hackers.

Passwords help protect your personal information.

Strong passwords make it harder for others to steal your data.

CHAPTER 20
How to Make and Manage Passwords



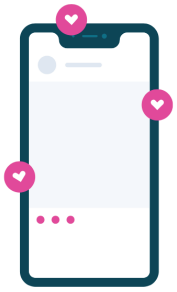
Create a password with numbers, letters, and special characters like an exclamation point or question mark.

Make sure your password is hard to guess.

Use an app like Bitwarden or 1Password to help remember it.

CHAPTER 21
Being Kind

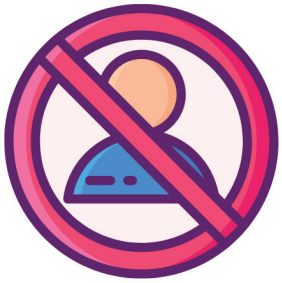
Be kind when you talk to people on social media.



Post nice things that won't hurt others.

Treat others the way you want to be treated.

CHAPTER 22
Solving Problems



You can block people who make you feel uncomfortable or unsafe.

If someone is bullying you, tell a friend or family member.

If you have a problem on social media, talk to a trusted adult for help.

If you have trouble with these steps, ask a trusted person for help.

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