JUST ONE MORE SCROLL

Think Before You Click

Be mindful of what you click and like.
Your clicks train algorithms. Pause before liking, sharing, or watching something all the way through, because even small actions shape what you'll see next.
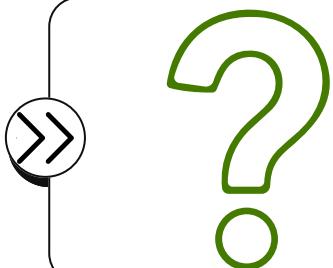
Don't Believe Everything You See

Question what shows up in your feed. Algorithms prioritize engagement, not accuracy. Always fact-check information and don't assume something is true just because it appears often or feels familiar.

Control the Scroll

Endless scrolling keeps you hooked. Set time limits, take breaks, and be intentional about when you go online so **you** stay in control of your time, not the platform.
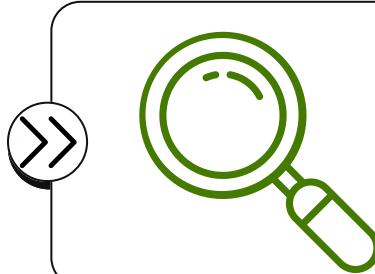
Not the Full Story

Remember your online world is personalized.
Feeds differ from person to person. Be aware that your online experience isn't the full picture, and seek out diverse perspectives beyond what's automatically shown to you.
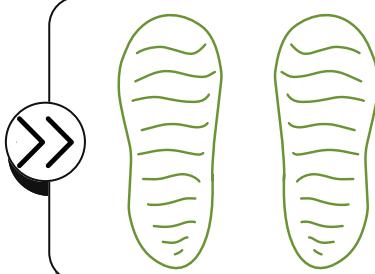
Your Digital Footprint

Protect your digital footprint. Platforms collect data from your behavior. Review privacy settings, limit what you share, and think carefully before posting personal information.