Social Media Safety: Quick Guide for RoadPeace Supporters

Social media helps us raise awareness, share stories, and campaign for change. While most responses are supportive, some may be inappropriate, harmful, or abusive.

This guide is designed to help you manage your online presence with confidence, set boundaries, and protect your wellbeing.

1. Turn Off or Limit Comments
Facebook
- On a post: Click ••• → Who can comment? → Choose "Friends", "Profiles you follow", or "Only me".

Instagram
- Settings → Privacy → Comments:
  - Block users from commenting
  - Use Hidden Words to filter offensive content
  - On a post: ••• → Turn off commenting

Twitter/X
- When posting, choose who can reply: Everyone, People you follow, or Only people you mention
- You can hide or report replies after posting

2. Report Abuse
All platforms allow you to report abusive or harmful content:
- Tap or click the ••• next to the post or comment
- Select Report → Follow the steps provided

3. Protect Your Account
- Use strong, unique passwords
- Review your privacy settings regularly

Need Support?
If you're feeling overwhelmed or unsafe online, talk to someone you trust or reach out to RoadPeace for support. **You're not alone.**

Helpline: 0800 160 1069
helpline@roadpeace.org

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