



**TRUTH, FACTS, + LIES**

know the boundaries

[truthfactslies.org](https://truthfactslies.org)

# YOU ARE WHAT YOU POST

*Don't Let Your Online Footprint  
Come Back to Haunt You*

10. Understand & use privacy settings to your advantage
9. Don't post in an extreme emotional state (super happy, sad or intoxicated)
8. Plan what you want to say
7. Know the power of a screen shot
6. Know & use the delete button
5. If you find yourself at odds with someone, finish the conversation offline
4. Get consent before sharing pictures, locations, etc
3. Turn off GPS and location services; don't post where you're going, post where you went
2. Ask yourself, "Do I need to chime in at all? Is it my business?"
1. Everything you post is public & permanent