

SOCIAL MEDIA SPRING CLEAN AND SETTINGS:

QUICK TIPS FOR SOCIAL WORKERS & PROFESSIONALS

ADVICE FROM PARTICIPANTS IN A @UCCSOCIALWORK STUDY ON THIS TOPIC



REFLECTIONS

How much do you use social media? What platforms are you using? What level of privacy / 'visibility' are you seeking to create on your accounts?

1

REVIEW SETTINGS

When was the last time you reviewed your social media account settings? Are they fit for purpose given your work role and your desired level of privacy?

2

PERIODIC REVIEWS

Settings on social media platforms can change regularly. Set a reminder to review every 6-12 months.

3

FIND ME ...

Once you have your settings changed, ask a friend to search for you. Further revise your privacy settings.

4

WHAT'S IN A NAME?

Some participants changed their profile names and bios., mostly using the non-English version of their name or some other obfuscation.

5

PREVELANCE

78% of the participants in our study did not experience abuse or harassment online or on social media. Many made preventative changes to privacy settings on their social media accounts when they started work.

6

TAGGING & RESPONDING

Many of the study participants asked friends and family members not to tag or mention them in posts and photos. 81% of those who received abuse or harassment, did not respond or engage.

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POSITIVES

There are many positives to being on social media: many of those who experienced abuse or harassment in this study stayed on these platforms.

8

FRIEND REQUESTS

This can be tricky to respond to as this is how social media works, but it led to some practitioners feeling uncomfortable. Friend requests to personal accounts usually led to changes to privacy settings.

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STAY OR GO?

What are the pros and cons of using social media for you? Is it worth keeping these accounts open for your life, work & health? Our research indicated that closing your a/c is unlikely to stop the abuse or harassment.

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OTHER ACCOUNTS

Some of the study participants were located and contacted through accounts that they managed for community groups, even though their own privacy settings were strong.

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I'M NOT ON SOCIAL MEDIA

Quite a few study participants experienced digital abuse and harassment even though they were not on social media. Use the report buttons in the app., inform your employer, and/or An Garda Síochána.

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