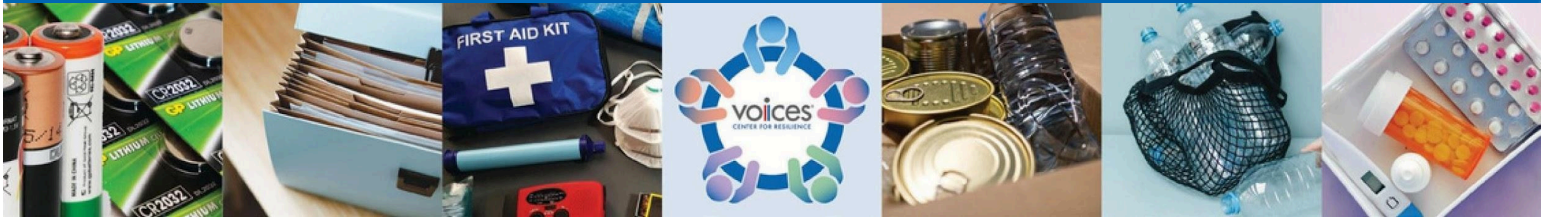


ARE YOU PREPARED?



Social Media Preparedness Tips

Social media can be a powerful force for connection, education, and awareness—bringing people together across distances, amplifying important voices, and providing real-time access to news, ideas, and support. At its best, it fosters community and inspires meaningful change. But it also carries serious risks, including misinformation, manipulation, and content designed to provoke rather than inform.

Not everything shared is rooted in truth or good intention, which is why it's essential to consider the source, question the motive behind the message, and engage thoughtfully. Used wisely, social media can inform and empower; used carelessly, it can distort perception and deepen division.

Helpful hints to be Prepared

- **Audit Privacy Settings:** Review privacy options on all apps to control who sees your content.
- **Avoid Oversharing:** Do not post sensitive information like home addresses, school locations, or personal travel dates.
- **Disable Geotagging:** Turn off location services to prevent tracking of your physical location.
- **Curate Your Feed:** Follow accounts that add value. Mute or unfollow any accounts that cause anxiety or comparison.
- **Think Before Posting:** Use the "24-hour rule" for sensitive content to prevent impulsive, harmful posts.

From 9/11 to today, VOICES helps families and communities heal after tragedy.

Voices Center for Resilience provides long-term support and resources that promote mental health care and wellness for victims' families, responders, and survivors, and assists communities preparing for and recovering from traumatic events.

Voices Center for Resilience, formerly Voices of September 11th, is a 501(c)(3) nonprofit organization.

For information, resources,
or to register for VOICES
programs and events,
scan, or call 203-966-3911

