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at talkcampus.io/sign-up

Social media safety

1) Manage your time and take breaks

Try to set boundaries on the amount of time you spend on social media. For some people, excessive use can lead to comparison, anxiety, and feelings of inadequacy. You could decide to have evenings off, to log out during study or meal times or to change your settings so that you no longer receive alerts. Most social media sites also have settings where you can track the time you spend on them and set limits or even take complete breaks.

On TalkCampus, you can choose to “take a break” for 8 hours if you feel like you need to stay away from notifications and online interactions for a bit. It’s important to take time away from your phone sometimes!

2) Stick to platforms that make you feel good

Pay attention to how certain content or interactions make you feel. If you notice negative emotions, take a step back and evaluate whether it’s worth your mental energy. Remember, you have the power to choose what you engage with. Consider which platforms make you feel good and choose those that align with your interests and values.

TalkCampus is a safe and welcoming platform for like-minded students to share in the ups and downs of life. We’re a supportive community that cares about each other, providing a safe space away from the noise of traditional social media so that you can be your authentic self.

3) Curate your feed

Take control of your social media environment by curating a positive feed. You can unfollow, mute or block accounts that make you feel anxious or upset, or you think take up too much of your time.

Follow accounts that make you feel good, you’re interested in and share positive content. Also, try to take a moment before you post anything yourself. Why are you posting? Is this something helpful for you or the people who follow you?

On TalkCampus, students get to select which categories they want to follow. If you don’t want to hear about politics, for example, you can hide that category so it won’t appear in your feed. In your settings, you can also mute any keywords and we will do our best to make sure that you don’t see any posts containing them.

We also know the importance of trigger warnings. These exist to protect our users from potentially triggering content. You can set your own trigger warnings and we will put a filter over posts that contain content that they don’t want to see.

On top of that, we encourage users to add a trigger warning to their own posts if they think they could be triggering to another user. We do not allow posts that talk graphically or in detail about suicide, self-harm, or eating disorders.

4) Practice critical consumption

Remember that not everything you see on social media is accurate or authentic. People tend to share the highlights of their lives, creating an illusion of perfection. Take everything with a grain of salt and question the information you come across.

TalkCampus is a supportive community, not a place to push the latest flat earth theory. Fake news, misinformation (content that is inaccurate or false) and disputed claims that cause significant harm to individuals, our community, or the larger public regardless of intent will be removed.

This includes sharing content that is significantly and deceptively altered, manipulated, or fabricated, content that is shared in a deceptive manner or with false context, and content that is likely to result in widespread confusion on public issues or impact public safety.

5) Don't share personal information

Avoid giving your name, address, or number to someone you don't know online. Unfortunately, not everyone can be trusted, and you don't know where this information might end up.

At TalkCampus, we know the importance of privacy and confidentiality in mental health. We remove anything that might personally identify a user, such as their email address, telephone number, or precise location.

6) Flag bullying behavior

If you're being bullied or if you notice bullying behavior on social media, report it through moderation tools and talk to someone you trust.

Every member of the TalkCampus community can flag content and users. These flags are instantly reviewed and acted upon by our 24/7 safety team.

Our extensive machine-learning engines also analyze every post across 42 different mental health-specific classifiers, allowing us to take immediate action if required. This allows us to moderate thousands of concurrent users within a 40-second average response time.

7) Don't get conflict-baited

Avoid engaging in online conflicts with strangers. Online debates in the comment section are rarely productive. If a certain topic or comment feels triggering, consider reporting it and unfollowing whoever posted it.

On TalkCampus, we empower users so they can control their online experience. Our blocking feature means students can block a user so that person is unable to contact them and will not appear on any of their TalkCampus features. There is also the option to hide users if they would prefer not to see any content from them on their feed.

8) Treat people like you want to be treated

Remember that your words and actions on social media can impact others. There are humans with feelings behind every account! Practice kindness and empathy when interacting with others.

When it comes to mental health, privacy, and safety are of the utmost importance. TalkCampus users who violate our guidelines will have their posts removed and if necessary will be suspended from use for 48 hours. Users who are repeat offenders are blocked for a further 7 days and finally a lifetime ban.