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How to use Social Media safely

Using Facebook, X (Twitter), LinkedIn or Instagram? Our updated checklists will help you use these media safely.

With the diversity of settings to consider in Social Media networks, it can be difficult to maintain a proper overview and select just the right setting for your circumstances. Our checklists are meant to help you protect yourself and your data as best as possible.

The Facebook check-list can be found [here \(https://www.ebas.ch/en/facebook-settings/\)](https://www.ebas.ch/en/facebook-settings/) .

The X checklist (Twitter) can be found [here \(https://www.ebas.ch/en/twitter-settings/\)](https://www.ebas.ch/en/twitter-settings/) .

The LinkedIn checklist can be found [here \(https://www.ebas.ch/en/linkedin-settings/\)](https://www.ebas.ch/en/linkedin-settings/) .

The Instagram checklist can be found [here \(https://www.ebas.ch/en/instagram-settings/\)](https://www.ebas.ch/en/instagram-settings/) .