

Benefits of...

Facebook

Facebook is the most popular social network site in the world. Over 1 billion users, that's 1 in 7 of the world's population, are on Facebook. It provides businesses with a marketing tool and many individuals with the opportunity to stay in contact with friends or break social isolation.

■ 1. **Keep in touch with friends**

Reduce the feeling of isolation. If, for any particular reason, you are unable to get out then Facebook lets you to chat and stay in touch with your friends and feel connected.

■ 2. **Find old school friends**

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■ 3. **Sharing of information**

Facebook lets you share pictures, videos and news about what you have been up to with your friends. You can control how much information you want to share and with whom, and other people can share their information with you.

■ 4. **Accessibility**

In the past, newspapers might have been a week old before they became available in an accessible format. Today, if you follow news sources on Facebook you can get news almost instantly.

■ 5. **Follow interests**

Are you a rugby fan? Then you can follow the WRU Facebook page and receive their up-to-date news. You can join groups and take part in discussions on any topic you are passionate about.

■ 6. Network of expertise

There is a Facebook page for anything and everyone. If you are looking for something specific and need advice, you can write (post) on a page asking for information. It could be advice on any topic, for instance, which wheelchairs are best to buy. Or perhaps you want to join a group discussing your favourite TV show. The possibilities are endless.

■ 7. Security Settings

Some people worry about the loss of privacy with social media, but Facebook has many security settings. You can control who you share information with, what others post on your timeline and who can find you.

If you are unhappy with the way someone treats you, it is as easy to unfriend a person as it is to become a friend.

■ 8. Stay safe

- Do not post anything that you would not share with family and friends. Evaluate your Facebook account and postings.
- Do not put pictures on your profile unless you can choose who can see them.
- Do not post private information such as cell phone numbers, address, social plans, etc. unless you are prepared for anyone to find you/track you down, any time of the day or night. Or even know when you are not at home.
- Google yourself to see how your name or identity is being used.