



Social media: the 5 reflexes

Posting, sharing, replying — the 5 practices of responsible use, on one page.

THE 5 REFLEXES

1

The stranger filter

Before any personal post: would I be comfortable if a complete stranger had this information?

2

60 seconds before sharing

Where does it come from, who verified it? What you cannot confirm, you do not share.

3

Neither the mob, nor the bystander

Targeted: document and report. Witness: report and support privately. Never join a pile-on.

4

Private account + quarterly review

Instagram/TikTok set to private, Facebook Privacy Checkup. Who sees, who messages, location?

5

Reread as if you were receiving it

Does it contribute, or am I just reacting? Heated reply: ten minutes before sending.

Before sharing shocking news — 3 questions

1. Have I seen the original source, or only a share?
2. Does an established outlet (AFP, Reuters, AP) confirm it?
3. Has a fact-checker already debunked it? (Snopes, FactCheck.org, Reuters Fact Check)

The more a post outrages you, the more it deserves verification.

Verify and report

Verify a claim: Snopes · FactCheck.org · Reuters Fact Check.

Harassment: the platform's reporting tools · dedicated helplines (FR 3018 · ES 017 · BG safenet.bg).

Your exposure and settings: see sheet 03 on domaformalis.com