



UNIVERSITY OF ALBERTA
HEALTH SCIENCES COUNCIL
Health Sciences Education and Research Commons

Savvy student's guide to **professional** use of **social media**

A large yellow downward-pointing triangle with a white border. Inside the triangle, the words "BEFORE" and "YOU" are written in bold, black, sans-serif capital letters, stacked vertically.

**BEFORE
YOU**

text, **tweet**, friend, **update**,
publish, **blog**, comment,
upload, or hit **send** . . .



THINK about...

PURPOSE

Why are you sharing this information?

PRIVACY

Who is going to see it? Where else might it go?

PATIENT

If the patient saw this, would they recognize themselves?

PERSONAL

If someone posted this about you, how would you feel?

PROFESSIONAL

How might this impact the image of your profession?

PROTECT

Are your privacy settings the strictest available & checked regularly?

PERMISSION

Have you obtained permission & cited others' work?

PERMANENT

You can never get it back.