

4 Easy Steps to Get Started on Social

The lack of socialization in the new normal often inspires feelings of loneliness and isolation. Even when you are surrounded by your family, there may be times you crave a good talk with your friends over simple things.

If you're an old school mom or dad who is used to meeting up and catching up in the traditional face-to-face way, perhaps its time to give technology a chance. Social media is a great way to find long lost friends, classmates and co-workers. Here's how to get started.



Create an account

Choose among the social media platforms available and create an account. Some only require an email address to get started.



Be mindful of security

While some people use their full name on social media, you can opt for a nickname which people know you by which is a safer practice online. Check the platform to see if your friends are also online so you could connect with them and build your personal network.



Explore the platform

You can use different platform tools to connect with your friends and loved ones online. You can chat or engage in video calls. You can even create groups to make the catch up sessions more fun.



Get a tutorial

You have the best tool to learn the ropes of social media right at home – your kids. Don't be embarrassed to ask and they will surely be more than happy to help you navigate this new world.

