

This is how you use social media responsibly

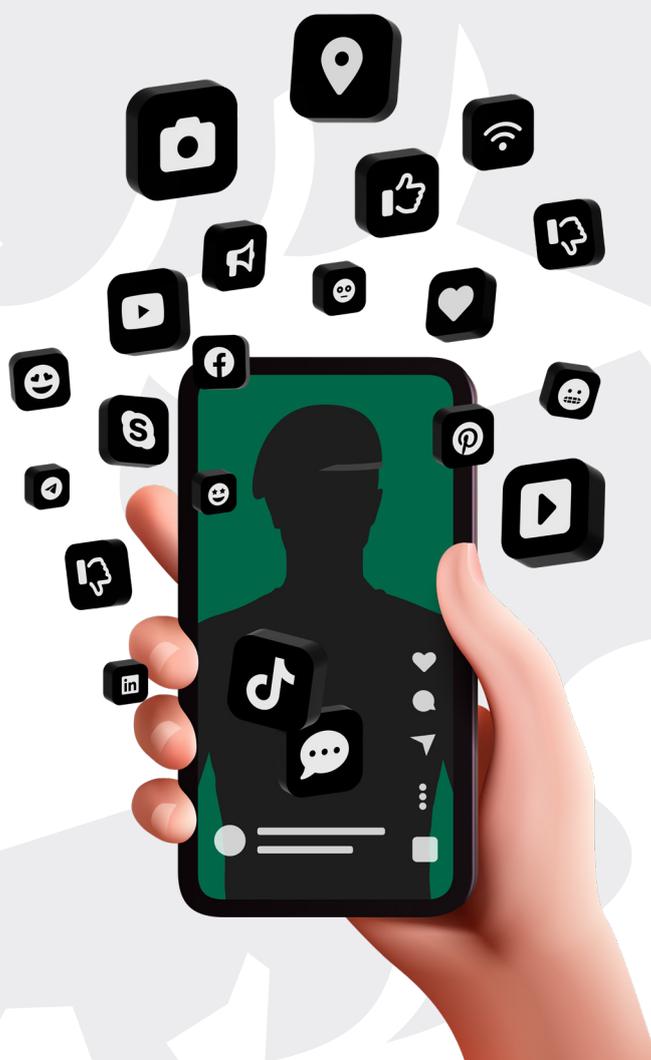
The main rule of thumb is that while in service you focus on service, but you are allowed to use social media during leisure time.

You may

- + create an account on the social media services that you prefer
- + tell about your service, experiences, and feelings
- + keep in touch with your near and dear
- + always ask for advice if in doubt as to what you can say online
- + opt out from social media altogether

Remember that

- the regulations governing a soldier's behaviour while in service and on free time also apply on social media
- you are responsible for what you publish
- your service mates have the right to decide for their own privacy sustained
- you are not allowed to take photos or footage in a military area without permission
- you are not allowed to post on social media information on you're the tasking or location of your troops, exact details about the equipment, or the identity of your instructors
- it is not wrong to exercise caution and be careful
- a decision to publish something cannot be reversed



Puolustusvoimat

Försvarsmakten • The Finnish Defence Forces
puolustusvoimat.fi