



## 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



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