

Social Media Do's and Don'ts Checklist (2026)

A quick reference guide for responsible and effective social media usage.

Do's (Best Practices)	Don'ts (Common Mistakes)
Use social media with clear goals	Don't scroll endlessly without awareness
Share authentic and valuable content	Don't spread misinformation
Maintain strong privacy settings	Don't overshare personal information
Engage positively with your audience	Don't engage in online arguments
Verify information before sharing	Don't trust every viral post
Balance screen time and offline life	Don't ignore mental health
Use platforms for learning and growth	Don't compare with filtered realities
Follow ethical online behavior	Don't violate platform guidelines
Analyze performance for business use	Don't post without strategy
Take breaks to avoid burnout	Don't depend on likes for validation