

# General Guidance for Professionals - Social Media



## Photos and consent

Before taking or sharing photos:

- Ask for permission first
- Check if anyone prefers not to be photographed
- Be especially careful with group photos
- Do not post photos of children without permission from a parent or guardian



Tip: If in doubt, leave it out. The most important thing is that everyone feels safe and respected.



## Social media mentions

If you plan to share your picnic on social media:

- Keep posts friendly, positive, and respectful
- Focus on the event, the outdoors, and the shared experience
- Avoid sharing personal or sensitive information
- If someone tells a story, make sure they are happy for it to be shared
- Please tag Dementia Adventure in your posts

### Suggested hashtags:

#BigGreenPicnic  
#DementiaAdventure  
#DementiaInclusive  
#ConnectionOutdoors

And please tag our accounts:

Instagram: @dementia\_adventure  
Facebook: @dementiaadventure

