



How to Follow Us on Facebook Even If You've Sworn Off Social Media

Reprinted from Monitor STUG Member Newsletter
by Kate Holmes and some AI help too

You've heard it: "I got hacked, so I'm done with Facebook." That's completely understandable. But here's the thing: you don't have to be on Facebook to follow us there. And if you do decide to create an account on FB, you can make it just for the club – no personal information required, no reconnecting with long-lost relatives, no algorithm rabbit holes.

Here are your options, from "no account needed" to "fully involved." Pick the level you're comfortable with.

Option 1: Just Visit the Page – No Account Needed

Facebook lets anyone view a public page without logging in. Just open your browser and go to our page. You'll see our announcements, event notices, and photos – no account, no password, no risk.

What you can do: Read posts, see event details, view photos.

What you can't do: Interact (like, comment, share).

Option 2: Create your "STUG-Only" Email – Fresh Start, Tight Controls

If you want to comment and ask questions (which STUG loves!), the safest approach is to create a brand-new email used only for club activities. **Think of it as a library card:** it's just for checking out books, not your whole identity.

To set it up:

- * Create a free email address just for this purpose (Gmail or Yahoo work fine). Something like yourname.stug@gmail.com is perfect.
- * Use that email to create a Facebook account.
- * You don't need a photo of yourself, just skip that.
- * Share no personal information beyond what's needed to create the account.
- * Go to our club page, and click "Follow." That's it.

Option 3: Help Us Reach More People

Once you're following us, even small actions help our posts reach more people. Because Facebook's system pays attention to engagement. Here's what helps most, in order of impact:

Like or react to posts: A thumbs-up takes one second and tells FB our content is worth sharing.

Leave a comment: Even "See you there!" helps. Comments boost a post significantly.

Share a post: This is the most powerful thing you can do, since it introduces the club to people you know.

A Few Privacy Tips Worth Knowing

Set your profile to "Only Me" or "Friends" so strangers can't see your information.

You can ignore any friend request without consequence – the other person is not notified.

If someone bothers you, the Block button ends all contact completely.

Review your privacy settings every few months – Facebook occasionally resets things after updates.

Questions? Ask at the next Help session, every month before the presentation – or email the board.

We're happy to walk you through any of this step by step.