



## **Purpose**

The purpose of this document is to respond to the reality of current and evolving mass media technologies by providing guidance on how to use social media responsibly in observance with the principles of the Nar-Anon program.

## **Introduction**

Social media has become a fast-growing communication tool in our society. It is a wonderful tool to reach large audiences by broadcast means similar to press, radio, films, internet and television.

Of greatest concern is to follow all our Traditions.

## **Social Media in other Fellowships/Group Accounts**

Other 12-Step fellowships have embraced social media to share the message and provide communication between members, groups and their communities. Anonymity is the greatest concern when using social media in any type of communication. Although there are few “official” sites, most maintain Instagram accounts. Many Groups/Regions/Areas have accounts of some type.

Many fellowships use social media (whichever platform works best for them) for communication between group members. Through group conscience, the group decides which platform they use and how their social media presence is used. Most accounts are closed groups and do not allow commenting between members. Communication is more in-reach than outreach and includes items of interest such as meeting and event notices, as well as Region, Area and World Service information. As many members are more immediately available on social media, this allows for current, up-to-date information to be shared.

Anonymity remains the largest concern in social media. Other fellowships have created guidelines to help navigate through some do's and don'ts.

## **Social Media within Nar-Anon Groups**

Although there has been no “approval” from Nar-Anon FGH for Regions/Groups/Areas to create social media accounts, a quick search brings up hundreds of Nar-Anon related accounts from Instagram, Facebook, TikTok, and YouTube. Imagine how many accounts may be available on other platforms.

Groups should use closed accounts with privacy settings to avoid discussions which could break our Traditions.

## **Monitoring Nar-Anon Social Media Accounts**

Currently Regions that have websites are registered with Nar-Anon FGH and are monitored to some extent by the Website Committee.

Given the multitude of groups that possess social media accounts, it is our contention that monitoring said accounts is an unattainable task.

Our opinion is that we should share guidelines for proper use of social media and hope that honesty prevails and

that each group will use group conscience to set up proper accounts that follow our Steps and Traditions while sharing information.

If an issue arises with a group, the Area or Region may step in to remind the Group of our guidelines. If it's a Region, a World Service Committee, such as Outreach can step in and remind them of guidelines and good practices. As with Groups who are not following Traditions, the most that can be done is that a Group/Area/Region loses their standing with Nar-Anon support.

### **Personal Accounts**

It's the responsibility of all members to follow our Traditions and be responsible in Social Media communications. Again, we cannot monitor personal accounts, but we can share suggestions for anonymity to be used when creating and using personal accounts.

### **Conclusion**

Social media as a networking tool is a great resource for people. As individuals, it is our choice. However, as members and trusted servants of the Nar-Anon fellowship, we must always keep our Twelve Traditions in mind. Experience suggests that the unity of the Nar-Anon Family Groups depends upon our adherence to these traditions.

Technology is constantly changing. Privacy policies of social media change frequently. One can never be sure if privacy today will be maintained tomorrow. Social media users must be responsible and use caution and care when utilizing these technologies.

The integrity of NFGH, Inc. is vital in achieving our fellowship's primary purpose, which includes protecting the anonymity of our members, NA members, and our addicted loved ones. It is essential that our members choose wisely when using resources such as the internet and social media. This document is written in the spirit of service to assist members, areas, and regions in making their choice when utilizing social media sites.

Tradition Eleven states: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all NA members.

Social media platforms and emerging technologies can and will play a crucial role in disseminating the Nar-Anon message of Step 12.