

#FRIENDSCANTELL



IMMEDIATE ONLINE PRESSURES

Do you feel the mounting pressures to always be online? Constantly replying to messages, battling to present the right image and attract followers, fighting off those unwanted comments and requests for nudes, and worrying that you're not always 100% sure who you're talking to?

Well, you're not in this alone.

Check in with your friends and you'll probably find they're feeling this too. Sharing your worries can really lighten the load. You're always stronger together than struggling on your own.

Remind yourself and your friends that:

- It's ok to take a break.
- It's ok to say 'no' to unwanted attention.
- It's ok to mute, block, or report unwanted followers or messages.
- It's ok to ask for help from someone you trust if you feel unsafe.
- And it's ok to stick up for others online if you see them in trouble too.

Start a conversation with your friends, after all, that's what friends are for- supporting each other through the good and the bad.

FRIENDS CAN TELL. FRIENDS CAN LISTEN. FRIENDS CAN HELP.

[Watch our animation](#) to see how you can support your friends with these online pressures.

