

#FRIENDSCANTELL



IMMEDIATE ONLINE PRESSURES

"I've always found it easier to meet new people on social media than in real life. I'm pretty shy, but that doesn't matter online. I can present a more confident version of me. It can be exciting getting likes and comments, from people that I don't even know.

But sometimes I'll feel pressure to compete with the image and lifestyle of others. Then I'll always be online replying to messages or checking how many likes my posts had got. It can be exhausting.

I started speaking regularly to Jo. We really got on and would message for hours. But soon they started asking for private pictures and sending me unwanted nudes. I didn't know what to do or how to respond. The messages just kept coming.

I felt anxious, scared and isolated. I started to avoid real-life social settings and hide away at home. My friend noticed that I wasn't quite myself and asked if I was ok. I reluctantly told them about what was happening online. I was worried they'd judge me but they just listened and made me feel safe to share how I felt.

It gave me the confidence to say 'no', take a break and not define myself through likes and followers. I'm so glad my friend reached out when they noticed something was wrong."

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

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

