

SAFE SCROLLING – WHAT TO DO WHEN SOMETHING FEELS WRONG



PRACTICAL GUIDE FOR YOUNG PEOPLE

Online content can bring up lots of different feelings, and sometimes those feelings can be heavy and affect our mental health. If you see something that feels wrong or worrying, this guide can help you recognise it, respond safely and find support.

Spotting harmful content:

Harmful content can be incredibly subtle, feel supportive and keep you from getting the help and support you deserve to feel better.

Here are some signs to look out for:

- > If it makes you feel suddenly sad, anxious, heavy or unwanted then it could be harmful.
- > If it keeps drawing you back to feelings of sadness and like you aren't worthy then it could be harmful.
- > If it tells you not to get help or not to speak to people you trust then this is harmful.
- > If it suggests the only way to feel better is to act in unsafe or risky ways then this is harmful.
- > If it encourages you to harm yourself or end your life then this is harmful.
- > If it promotes extreme dieting, exercise or eating disorder behaviours then this is harmful.
- > If it's showing videos or images that are violent, frightening or overly graphic then this is harmful.
- > If it's shaming you or someone else or encouraging violence or harm towards others then this is harmful.
- > If it's repeatedly showing harmful or upsetting material then this is harmful.

Practical steps to take:



Mute the content or select 'see less of this'.



Report it via the platform's safety tools.



Unfollow the account or mute it.



Search for content that makes you feel happy, calm and safely support.



Get safe support from a loved one or helpline.

Support available

If harmful content has left you feeling unsure or down, it's okay to ask for help and you don't have to manage these feelings on your own.

SHOUT
Text 'MRF'
to 85258

Free, confidential crisis text line for anyone, any age available 24/7

Papyrus
HOPELINE247
0800 068 4141

Free, confidential helpline for people under 35 or anyone concerned about a young person, available 24/7

NSPCC
Childline
0800 1111

Free, confidential support for young people under 19, available 24/7

NHS 111
Dial 111

Select 'mental health help' for urgent help or advice

In an emergency don't be afraid to dial 999