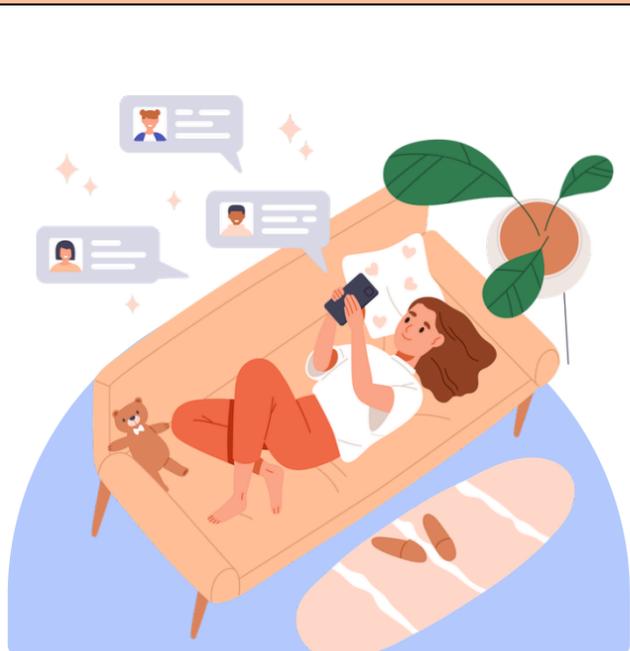


Insafe helplines quarterly report: Q4 2025

1 October - 31 December 2025



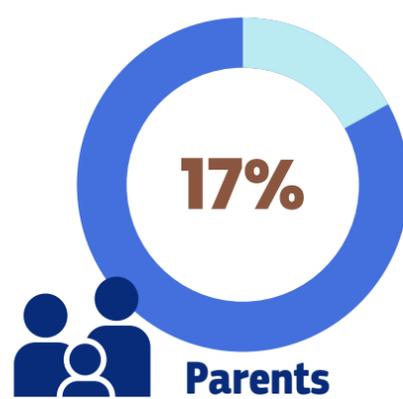
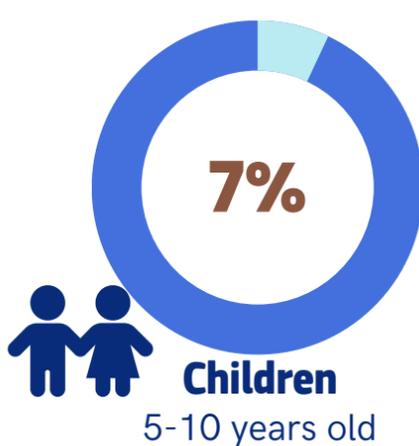
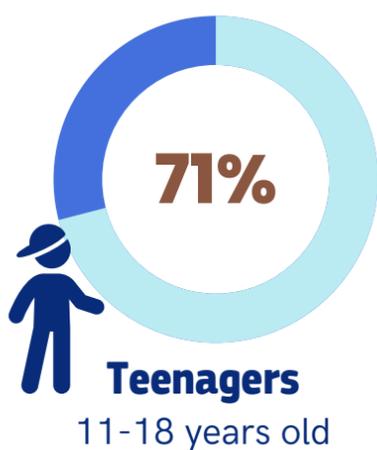
CONTACT OVERVIEW



14850+ contacts in Q4

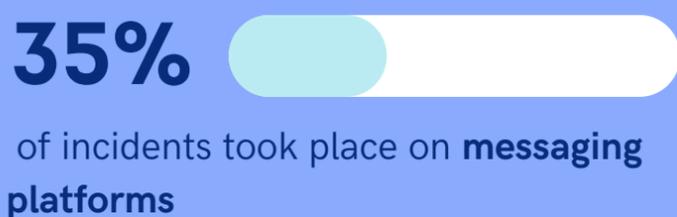


6 out of 10 users were female



INCIDENT LOCATION*

*based on data from helplines that are able to collect it



CONTACT METHOD

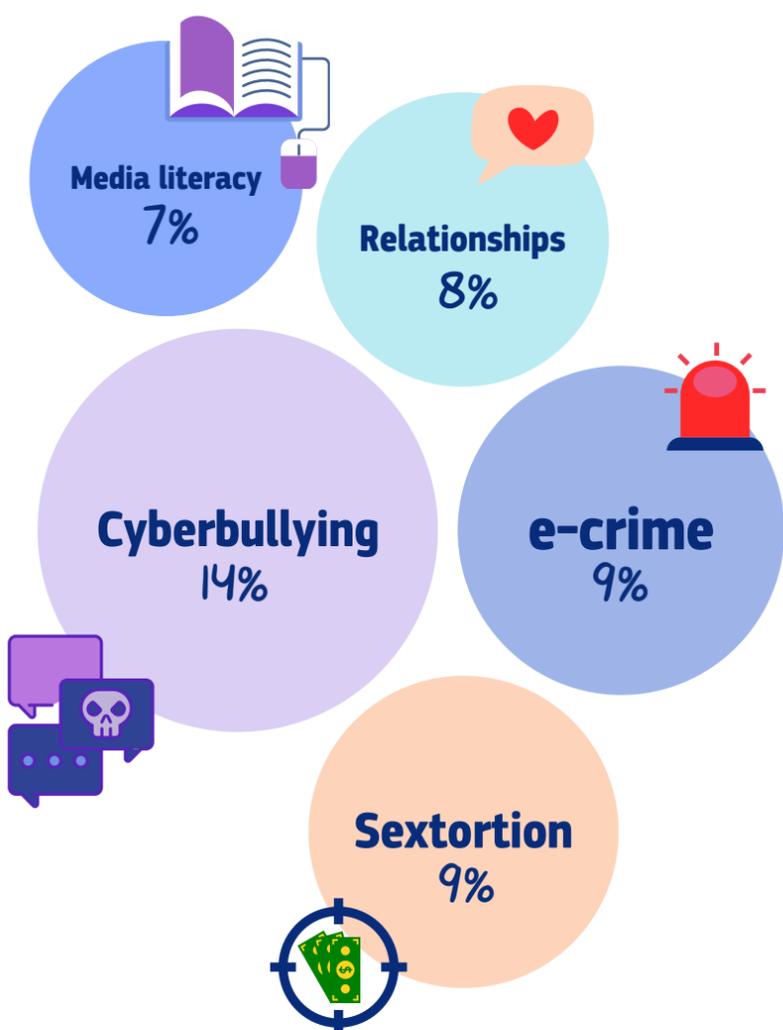


52% of contacts by phone



22% of contacts by chat

REASON FOR CONTACT & TRENDS



Cyberbullying

Cyberbullying is once again the most common reason for young people to reach out to helplines. This is often children being bullied by their classmates who are sharing humiliating photos or videos, often manipulated with AI tools.

Violent content

Helplines are noticing a growing trend of young people being exposed to extremely violent online content, causing distress for the victims and presenting significant challenges for counsellors.