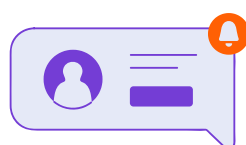




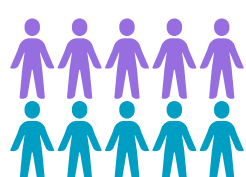
# Unsafe helplines quarterly report: Q1 2026

1 January- 31 March  
2026

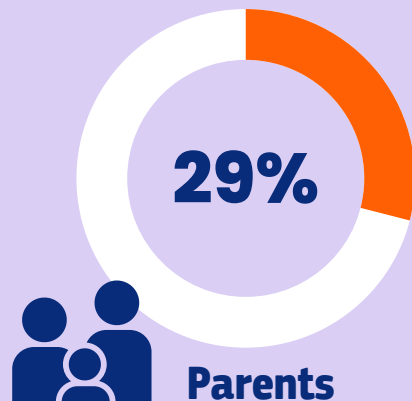
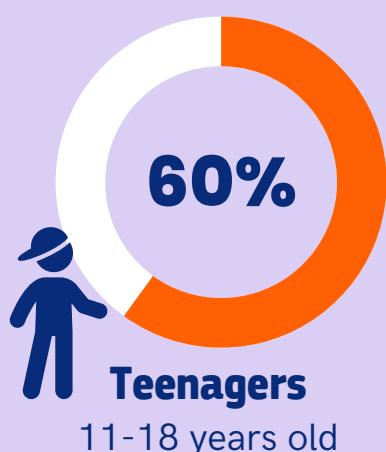
## CONTACT OVERVIEW



**17,100+**  
contacts in Q1

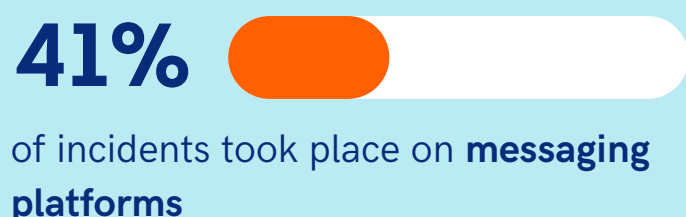


**5 out of 10**  
users were female



## INCIDENT LOCATION\*

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



## CONTACT METHOD

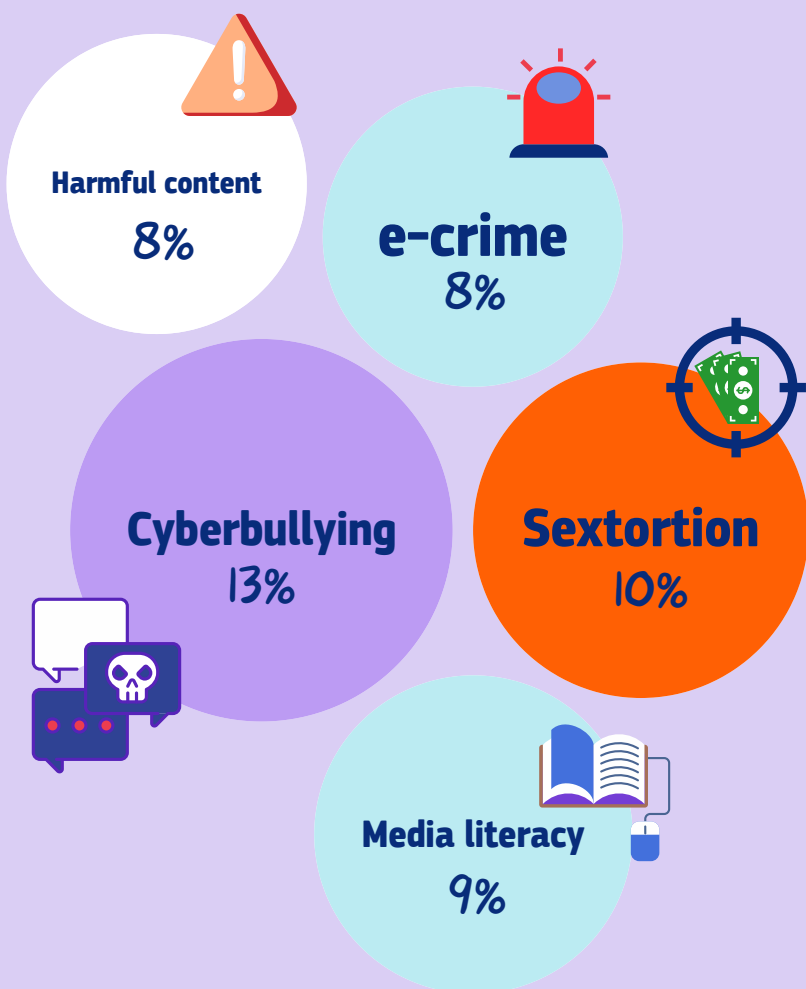


**52%**  
of contacts by **phone**



**34%**  
of contacts by **chat**

## REASON FOR CONTACT & TRENDS



### Harmful content

Cases involving harmful content rose by 3 percentage points, with some helplines linking reports to “Com network” activity, where victims are coerced into documenting harmful or abusive acts.

### Cyberbullying

One helpline noted that most cyberbullying occurs on TikTok using fake or anonymous profiles to repeatedly target individuals (and sometimes their families), often following earlier face-to-face bullying at school.