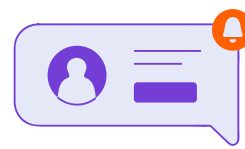




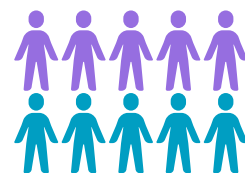
Insafe helplines quarterly report: Q1 2026

1 January- 31 March 2026

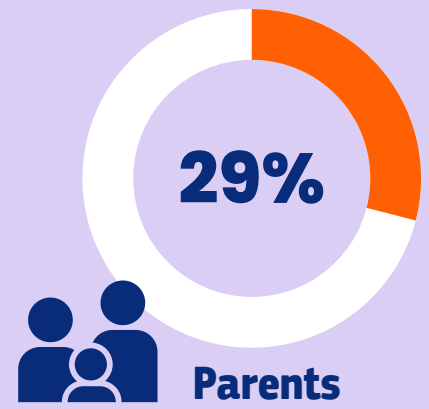
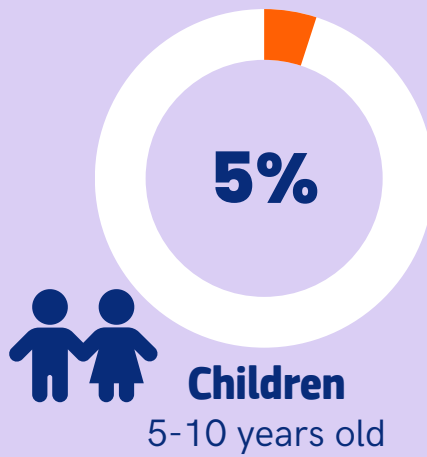
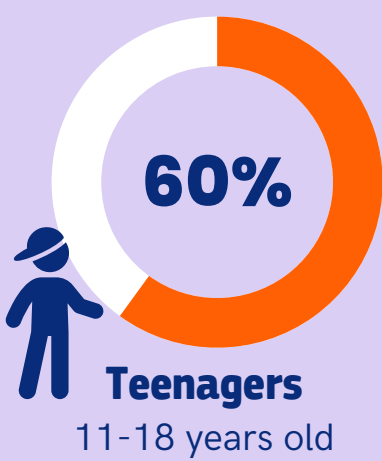
CONTACT OVERVIEW



17,100+
contacts in Q1

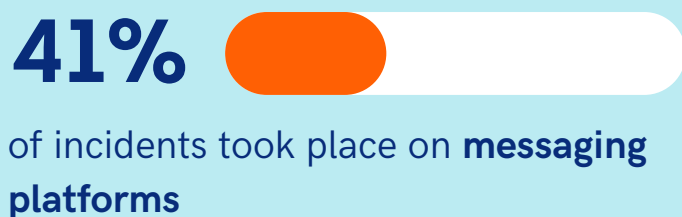
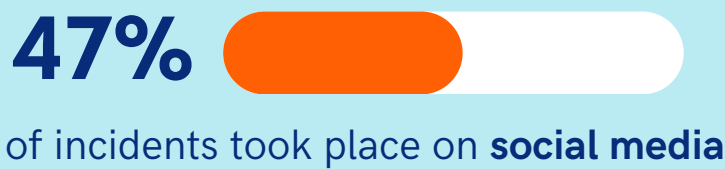


5 out of 10
users were female



INCIDENT LOCATION*

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



CONTACT METHOD

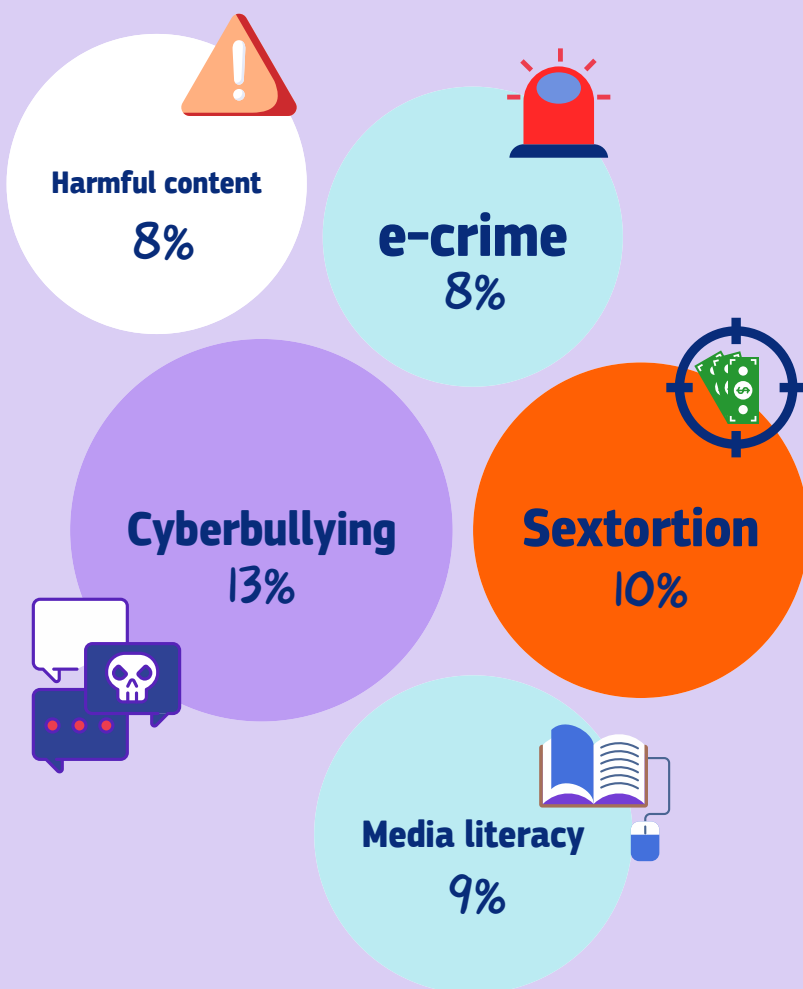


52%
of contacts by **phone**



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.