

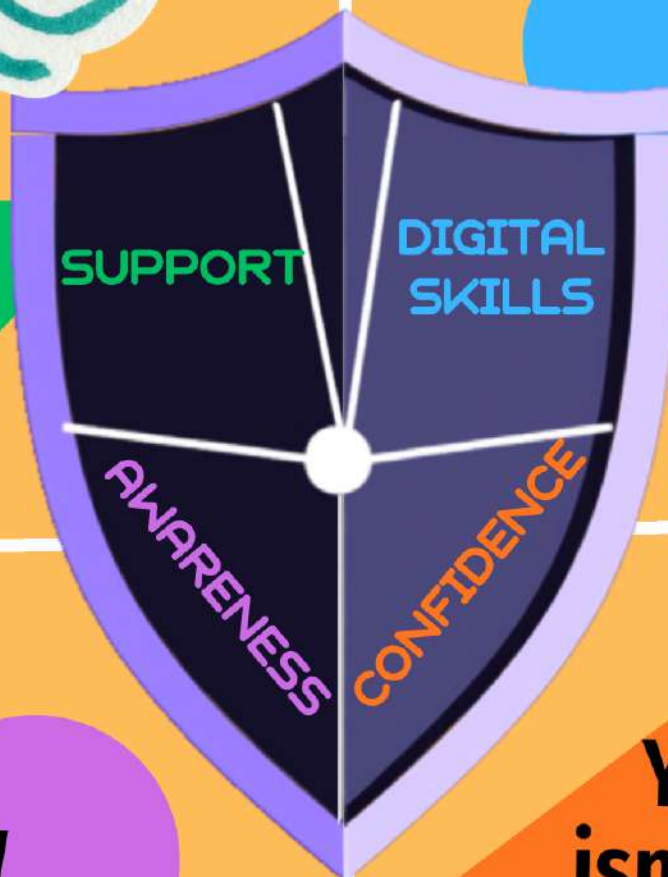
WHAT CAN YOU DO ?

Choose actions that protect you.

Ask for help.
Offer it too!



Protect your space. Use your tools.



Know yourself.
Know the impact.



Your worth isn't measured by comments.



#ChooseKindness
#ProtectYourSpace
#NotOnOurFeed

BE THE DIFFERENCE !



Resilience grows when we share it.

Support someone.



Leave an encouraging comment.



Build positive communities.



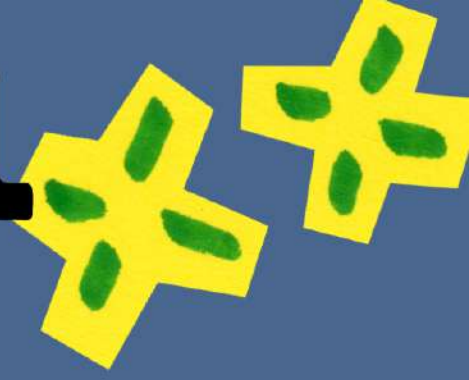
Be the reason someone feels safer.



#SupportEachOther
#BeTheDifference
#NotOnOurFeed

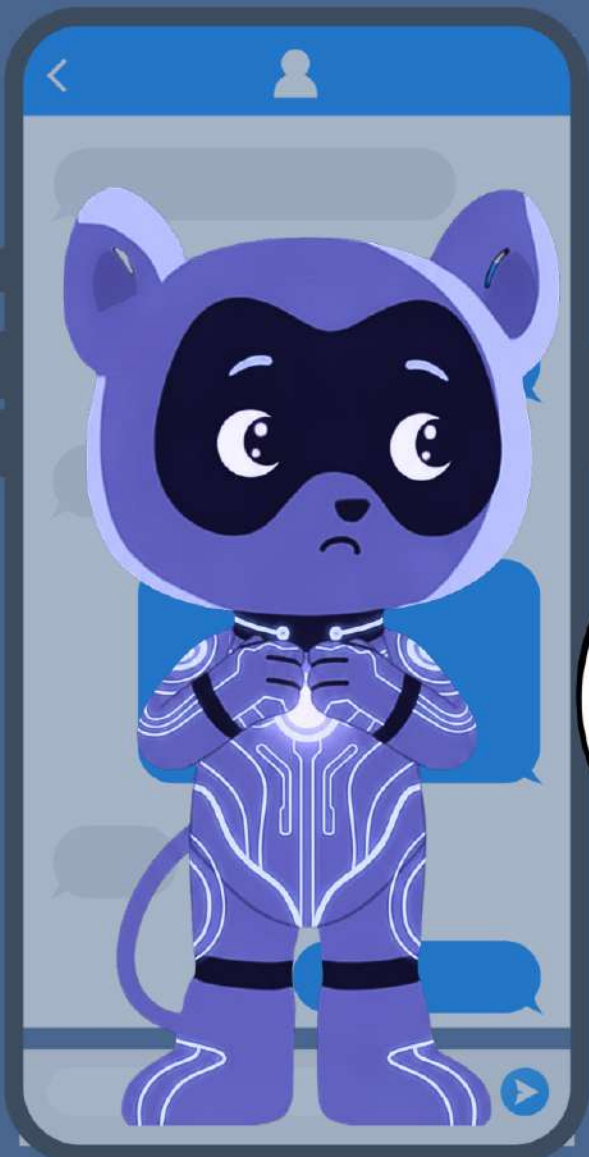


BUILD DIGITAL RESILIENCE



The Internet connects us. But not every voice deserves your attention.

#BehindEveryProfile
#DigitalAwareness
#NotOnOurFeed



- **Recognize harmful behaviour**
- **Remember your worth.**
- **Pause before reacting.**

