





How and whom to ask for help



A definition

When we face some difficulties on social media, it feels like we have no one to turn to. In this safety resource, we will help you to know how and whom to ask for help.

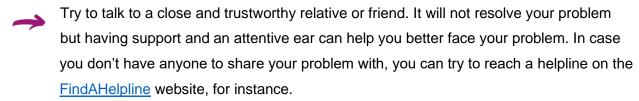


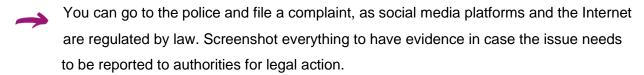
Why is this important?

Social media are great tools for pedagogical use or communication but can also serve malevolent purposes. No matter your age, gender, or use of social media, you can have unfortunate encounters (cyberbullying, discrimination, harassment, legal issues, mental health struggles, online abuse, etc.). If you prevent yourself with privacy settings, you can still be touched in certain ways. It is very important to talk to someone if it is the case for you and to know whom to ask for help.



Tips and tricks



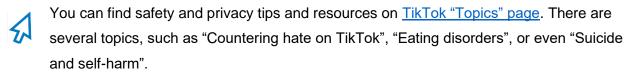


If you are facing issues on social media, you can ask for help directly from the social media platform. For instance, the Instagram support page can guide you.



Useful resources and tools









SAFETY RESOURCES





The <u>Instagram safety page</u> is also useful for a lot of topics. It can be safety issues, about how to report accounts, comments in case of intellectual property violation, scams and fraud.



The UK Safer Internet Centre gathers all information on the main and most famous social media platforms, on how to reach for help and whom to contact. Their page is called "Advice about key social media platforms and apps".

