

Have you seen something upsetting online?

We can access news, videos and social content at the touch of a button, but sometimes what we see can confuse or upset us.

Looking after your mental health online

We spend a lot of our time online, either on social media, gaming, reading news or watching entertainment. Not everything that we see is going to be safe, positive or appropriate, and it is normal that we might be upset, confused, or scared about things we see. Upsetting content could include:

- Bullying or hate speech
- Harmful or risky behaviour
- Violence or disturbing imagery
- Misinformation or manipulative content

When we see something that doesn't sit right, it's ok to take a step back and process our emotional reaction. It can be helpful to talk about what we have seen with someone or, where appropriate, do some research to understand if what we have read or seen is true or to better understand the context. We might also choose to block accounts or individuals that have shared the content, and we need to think carefully about what we choose to share or repost.

Some great tips for looking after our mental health:

- Remember not everything we see online is a reflection of the truth.
- Follow social accounts that promote positive feelings.
- Use privacy settings to manage what content you see, and who sees what you share.
- Delete apps that have a negative impact on your mental health.
- Take breaks from using devices to connect with your environment and the people around you. Use apps that help you manage screen time.
- Switch notifications off or use "do not disturb" to give yourself time without being interrupted.

Helpful tools

What to do if you see something distressing

- [BBC Teach](#)
- [Childline](#)
- [Ofcom](#)
- [Best For You](#)

Social media platforms

- [How do I stay safe on Snapchat?](#)
- [TikTok Safety Tips](#)
- [Instagram Safety Tips](#)
- [Reporting tools & policies for YouTube](#)
- [Safety & Civility at Roblox](#)

Other resources

- [Victim Support IOM](#)
- [Supporting a Child when they have seen something upsetting online](#)
- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)