FREE your FEELS™

DIGITAL SAFETY

Online spaces can be a great way to connect with others, learn new things, express yourself, and explore your interests. However, online spaces can also expose you to risks such as cyberbullying, scams, strangers with harmful intentions, and inappropriate content.

Developing healthy digital habits can help protect your privacy, safety, and well-being online.

Common Online Risks

You may come across cyberbullying, scams, fake information, AI-generated content, or people who are trying to manipulate others online. While these situations can look different, many share similar warning signs: pressure to act quickly, requests for personal information, threats, secrecy, or content designed to trigger a strong emotional reaction.

What If Something Doesn't Feel Right?

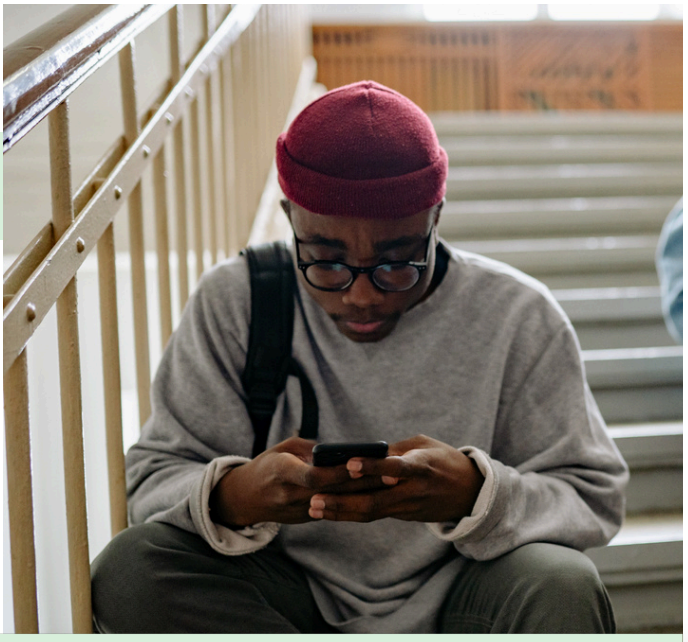
If you feel pressured, threatened, confused, or uncomfortable, trust your instincts.

- **Stop** engaging with the person or content.
- **Save** screenshots or evidence if it is safe to do so.
- **Block** and **report** harmful accounts, messages, or content.
- **Tell** a trusted adult.

ACTIVITY

Each week, choose one action to complete:

- ☐ Review the privacy settings on your social media account
- ☐ Update an old password
- ☐ Enable two-factor authentication
- ☐ Talk with a trusted adult about online safety
- ☐ Unfollow or mute content that negatively affects your well-being
- ☐ Learn how to report harmful content on a platform you use



RESOURCES

Letters to Strangers®

The **Digital Emotional Literacy Guide**, created by youth and reviewed by clinical experts, helps young people navigate AI and online emotional support tools safely.

CENTER OF EXCELLENCE
Social Media and Youth Mental Health

Explore **resources** from the American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health

Children's Healthcare of Atlanta
STRONG4LIFE

Create your own **online safety agreement** using a template developed by Children's Healthcare of Atlanta Strong4Life.

988 SUICIDE & CRISIS LIFELINE

988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ESSENTIAL DIGITAL SAFETY SKILLS

Protect Yourself & Others

- Recognize cyberbullying and harassment
- Avoid sharing harmful or violent content
- Support people who may be victims of online bullying

Question What You See

- AI-generated content can look real!
- Images, videos, and stories can be edited or manipulated
- Verify information before sharing it

Think Before You Click

- Be cautious of messages asking for personal information
- Watch for scams and suspicious links
- Remember: if it seems too good to be true, it probably is

Keep Personal Information Secure

- Protect passwords and account information
- Review your privacy settings on a regular basis
- Be careful about what you share online. Keep the following personal information safe:
  - Name
  - Birthday
  - Passwords
  - Address or location
  - School and/or grade level
  - Phone number
  - Email address

Trust Your Instinct

- Notice red flags
- Be cautious of threats, pressure, manipulation, or requests for personal information
- Reach out for help if something feels wrong



Pause before you post, click, share, or respond. A few extra seconds of thinking can help protect yourself and others online.

Follow for more resources!
@freeyourfeelsga

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

ACCESS MORE RESOURCES AT FREEYOURFEELS.ORG