Bullying and comparing

Other people's behaviour and other people's photos can both mess with your head.

1. If someone is bullying you, **it's about them, not you**.
2. Screenshot it, block them and report it where it happened.
3. Social media is everyone's highlight reel. Nobody's real life looks like their photos.
4. If you see someone being bullied, check on them privately. One small message can mean a lot.
5. Don't join in "just for a laugh". Piling on is still bullying.
6. When someone says they're being bullied online, **take it seriously**. Don't say "just ignore it".
7. Keep records (screenshots, usernames, dates) and report to the platform and, if needed, the school or workplace.
8. Check in on the people around you. Ask twice if you need to.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help