

WHAT TO DO WHEN THE NEWS IS OVERWHELMING



Sometimes, the news we see online can be frightening or upsetting. It's important to know how to handle these feelings and how to make sure the information we're reacting to is accurate.

Feeling worried about the news?

It's okay to feel worried.

Feeling anxious or upset about troubling news is a normal and natural reaction. Allow yourself to feel these emotions.



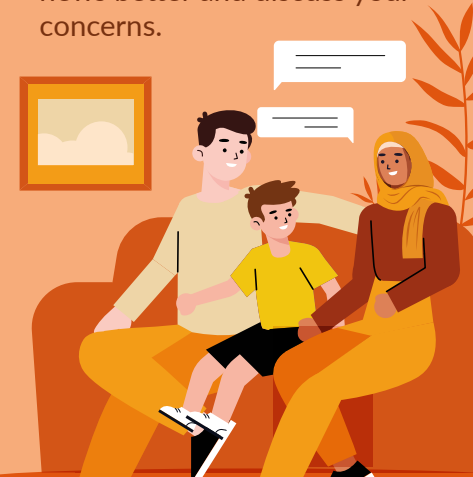
Step away from the scroll.

Take a break from checking updates and do something you enjoy offline to clear your mind.



Talk about your feelings.

Chatting to a trusted adult can help you understand the news better and discuss your concerns.



Watch out for 'deepfakes'.

Stories and images can sometimes look real but are actually made using AI, make sure to verify with trusted news sources or a trusted adult before believing it.



Manage disturbing content.

If you come across violent or disturbing content, block the user and report the post. It's important to keep your online space safe.



Reset your algorithm.

Algorithms often push shocking content to keep you scrolling. If you feel overwhelmed, you can reset your algorithm in the app's Content Preferences or select "Not Interested" on a post.



Read beyond the headline.

Headlines are often designed as 'clickbait' to spark a reaction. Check the full context and the date of the article before you react or share.



It's okay to not know everything.

Asking questions and seeking accurate answers to stay informed is good but remember you don't need to know every detail of a news story.



Find the balance.

Look out for positive news stories to remember the good in the world too!

