Healthy

You feel safe and trusted online.

- Asks before posting you
- Respects your time offline
- Trusts you without checking
- Accepts a no to a photo
- Keeps your secrets private
- Supports you in comments

Unhealthy

Some online behaviors hurt you.

- Expects instant replies
- Jealous of likes or follows
- Posts embarrassing photos
- Guilt-trips over “seen”
- Mean jokes in group chats
- Ignores your requests

Controlling

Someone uses tech to control you.

- Demands your passwords
- Tracks your location
- Reads your messages
- Pressures you for photos
- Threatens to share images
- Tells you who to unfollow