S·O·S Safe Online Standards
IMPROVING DIGITAL MENTAL HEALTH

DIGITAL RESILIENCE TOOLKIT

These guides support teens and families in navigating everyday online experiences with more awareness and confidence. They explain how digital platforms shape what people see and feel, how to use privacy and safety tools, how to notice when online use starts to affect well-being, and what to do when something doesn't feel right. The focus is not on rules, restrictions, or avoiding technology. It is on understanding what is happening, making thoughtful choices, and knowing when to reach out for support. Each guide can be used on its own, and together they provide a shared approach to building digital resilience online and offline.

WHAT'S INCLUDED

Navigating Life Online

- Skill-building learning for teens ages 13–19 focused on managing online stress, pressure, and risk
- Support for understanding how digital platforms can influence emotions and behavior
- Guidance for responding to harmful or difficult online experiences

Social "Safer Usage" Guides

- Plain-language explanations of how digital platforms work
- Guidance to help teens and families reflect on online experiences
- Support for open, judgment-free conversations about digital use

Using Privacy and Safety Settings

- Guidance on how privacy settings affect who can see posts or personal information
- Support for reducing unwanted contact or attention
- Information on adjusting settings as needs and experiences change

Making Healthier Choices Online

- Guidance for noticing how digital use affects mood, energy, and well-being
- Support for recognizing when scrolling, notifications, or screen time feel overwhelming
- Encouragement to make small, thoughtful adjustments that support balance

What to Do When Something Doesn't Feel Right

- Guidance for responding to upsetting or harmful online experiences
- Support for pausing, using safety tools, and saving information when needed
- Encouragement to seek help and support rather than handling things alone