



Stay Safer Online: How S.O.S. Standards Make a Difference

Introduction

Think of S.O.S. as your roadmap to healthier online spaces. It's the first program of its kind to set clear, research-based standards for how platforms should protect users' mental health, well-being, and safety.

S.O.S. brings together expert insight and real stories from teens worldwide, ages 13–19. It offers families and communities the clear guidance they've been waiting for to navigate digital life confidently.

What Is S.O.S.?

S.O.S. was built through global collaboration and shaped by the lived experiences of young people ages 13–19. This unique blend of expertise and real-world perspective makes S.O.S. both credible and relevant. Families and communities finally have the trusted guidance they need to make smarter choices online.

What Do the S.O.S. Standards Cover?

The S.O.S. framework works like a checklist for platforms. To create healthier online environments, platforms should meet expectations across five key areas:

- **Policy:** Establishing strong protection and effective responses to harmful content
- **Governance & Transparency:** Communicating clearly about how platforms function and handle user reports
- **Functionality:** Incorporating features that protect and prioritize user well-being
- **Content Management:** Detecting and removing harmful or dangerous content efficiently
- **Digital Literacy & Well-Being:** Providing tools and education that help users engage online mindfully

How Do S.O.S. Ratings Work?

S.O.S. ratings are based on user experience and are shaped by feedback from young people. They show how well a platform meets the standards through three easy-to-recognize icons:

The S.O.S. system uses three easy-to-understand icons:



Meets S.O.S. Standards. These platforms meet or exceed S.O.S. expectations. They block harmful content, support mental health, and communicate their policies clearly. While there are safer spaces, no online environment is entirely risk-free.



Caution Advised. These platforms meet some, but not all S.O.S. standards. They offer partial protection but may have gaps in moderation or transparency. Families should use built-in safety tools and stay actively involved in their child's digital use.



Warning. These platforms fail to meet S.O.S. standards. They may expose users to harmful content, weak moderation, or unclear policies. Parents should monitor use closely and consider safer alternatives.

Why Do S.O.S. Standards and Ratings Matter?

S.O.S. ratings help families, educators, and young people make smarter decisions online.

They:

- Establish a consistent way to evaluate how platforms handle safety
- Identify risks early and encourage faster harm reduction
- Build trust by spotlighting platforms genuinely committed to user well-being

There isn't one solution for all online risks, but S.O.S. helps make digital life healthier and more transparent. It gives families and communities the power to engage wisely.

Let's Create a Safer Internet Together

S.O.S. isn't just about calling platforms out it's about calling everyone in. You can make a difference by:

- Reporting harmful content when you see it
- Sharing safety tips with friends, family, and your community.
- Supporting platforms that prioritize mental health and well-being

To learn more about how S.O.S. is transforming the digital landscape, visit our [website](#).

IMPORTANT NOTE: Every online platform carries risks. The S.O.S. ratings are intended to guide families toward safer choices, initiate important conversations, and support youth mental health and suicide prevention. While these ratings highlight how well platforms perform and meet safety and well-being standards, they do not address every possible issue young people might face. Parental involvement, open communication, and ongoing awareness remain essential, even for platforms with the highest safety ratings. This is version 1.0 of the S.O.S. Ratings and will evolve with new insights and user feedback.