What Happens Next?

Possible pathways after unsafe online experiences

HERizon

01 — Safe online actions

The online risk is resolved through blocking, reporting, and privacy protection. Continue practicing healthy digital safety habits and protecting personal information.

02 — Cyberbullying or harassment

The situation includes cyberbullying, manipulation, scams, or online harassment. Learning how to recognize unsafe online behavior can improve digital safety.

03 — Stress, fear or isolation

The online experience creates emotional stress, fear, anxiety, or self-doubt. Emotional support and healthy coping strategies may help improve wellbeing.

04 — Digital safety and recovery

The person strengthens online privacy, updates security settings, and becomes more confident responding to harmful online situations.Continue building safe and healthy digital habits.