

# My social media life...



...might not always represent my real life

# My real life



#Peer stress  
 #Loss of a loved one  
 #Scared  
 #AffraidToBeAlone  
 #Bullied  
 #Expectations  
 #Chores  
 #Grades  
 #Overwhelmed  
 #ItsOkToFeel  
 #RelationshipProblems  
 #Feeling sad  
 #ParentsFighting  
 #Sleepy  
 #Heartbbreak  
 #Angry  
 #Lonely  
 #Happy  
 #Worried



For every positive post, there could be many challenging daily life experiences.

If you feel sad or lonely, its ok to post how to feel. Talk to someone or call for help.



teen line

Teenlineonline.org or call 800-852-8336 or text TEEN to 839863

988 SUICIDE & CRISIS LIFELINE

988lifeline.org or call or text 988



Pro Consumer Safety

ProCarSeatSafety.com/healtheducation.html

