

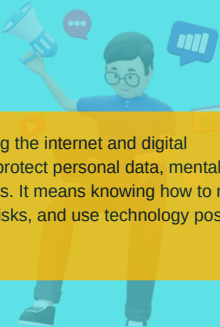
# YOUTH DIGITAL SAFETY TOOLKIT



*A youth-led guide to creating  
safe, inclusive, and  
empowering digital spaces*



Y+ KENYA



## What is Digital Safety?

Digital safety refers to using the internet and digital technologies in ways that protect personal data, mental wellbeing, and relationships. It means knowing how to manage privacy, recognize online risks, and use technology positively.



**What are the common online threats?**

- Cyberbullying and harassment: hurtful or threatening messages, trolling, body shaming.
- Data misuse and identity theft: fake accounts or stolen photos.
- Misinformation: false news that can mislead communities.
- Online scams and fraud: deceptive links or requests for money.
- Technology-facilitated GBV (TF-GBV): sharing intimate content without consent, online stalking, verbal abuse, image-based abuse, and non-consensual sharing of intimate content (sometimes called "revenge pornography").

**Do you know  
your digital  
rights?**



- **Right to Privacy:** Your data is yours; no one should share your photos, chats, or personal info without consent.
- **Right to Dignity:** You deserve respect online and offline.
- **Right to Freedom of Expression:** Speak freely, but responsibly.
- **Right to Safety:** Every person deserves to feel safe using digital platforms.
- **Right to Access Information:** Equal access to trustworthy information.
- **Right to Equality and Non-Discrimination:** Protection from targeted online abuse, especially for marginalized groups, including key populations and persons living with HIV.



Are these  
rights in the  
law?

- Constitution of Kenya
- Data Protection Act (2019)
- Computer Misuse and Cybercrimes Act (2018)
- Sexual Offences Act (relevant for TF-GBV cases)
- Digital Health Act (2023)
- International commitments: United Nations Convention on the Rights of the Child UNCRC and African Charter on the Rights and Welfare of the Child

## How do you stay safe online?

- Use strong passwords (mix letters, numbers, and symbols).
- Turn on two-factor authentication on all accounts.
- Review your privacy settings regularly.
- Think before you post remember that screenshots last forever.
- Avoid opening unknown links or attachments.
- Be cautious about sharing your mobile phone ,it can be a vector for privacy violations and surveillance.
- Report fake accounts and block abusers.
- Take breaks;your mental health matters.

## Where do you respond to Online Harassment or Abuse?

- CAK (Communications Authority of Kenya): [report@ca.go.ke](mailto:report@ca.go.ke)
- 1195 GBV Helpline – free 24/7 support.
- Childline Kenya (116) – support for minors.
- Local police or trusted organization for legal follow-up.
- Trained Peer Mentors and Digital Safety Champions can provide emotional support and help with referrals.

Example: If someone leaked your photos, I reached out to a counselor and report it to CAK.

## What is mental health in relations to digital wellbeing?

Mental health in the digital context refers to how our thoughts, emotions, and overall psychological wellbeing are influenced by our online interactions, the content we consume, the platforms we use, and the behavior of others in digital spaces.

It includes how technology affects:

- How we feel (stress, anxiety, confidence, self-esteem)
- How we think (focus, decision-making, self-perception)
- How we behave online and offline (sleep patterns, social interactions, screen use habits)

## What are the tips of digital wellbeing.

Digital and online life can create stress, comparison, or anxiety. Protecting mental health is part of digital safety.

- Set screen-time limits.
- Follow positive, uplifting accounts.
- Mute or block harmful content.
- Take "digital detox" days.
- Seek help when overwhelmed.

## Ethical Use of AI for Mental Health Support

If using AI tools for mental health support, ensure they are from trusted sources.

Remember that AI is not a replacement for professional care. Use tools responsibly and protect your personal data.



## Where can you seek mental health support!?

### Available Support

- USIKIMYE Free toll: 0800 000 999
- Red Cross Psychosocial Support Line: 1199
- National GBV Helpline: 1195
- LVCT Health Free toll number: 1190

"Many of us have faced cyberbullying or fake profiles created to shame us. Sometimes it feels unsafe to post opinions online. We need to make it okay to log off when social media feels heavy. Mental health comes first."

## How do you become a digital safety champion

Digital Safety Champions are young leaders who help create safer, more inclusive online environments for their peers and communities. They model responsible digital behavior, raise awareness on online risks, and support others to navigate harmful situations with confidence. Champions play a key role in strengthening youth leadership and ensuring that young people influence digital policies, platforms, and decisions that affect them.

**Young, bold & resourceful**



Y+ KENYA

