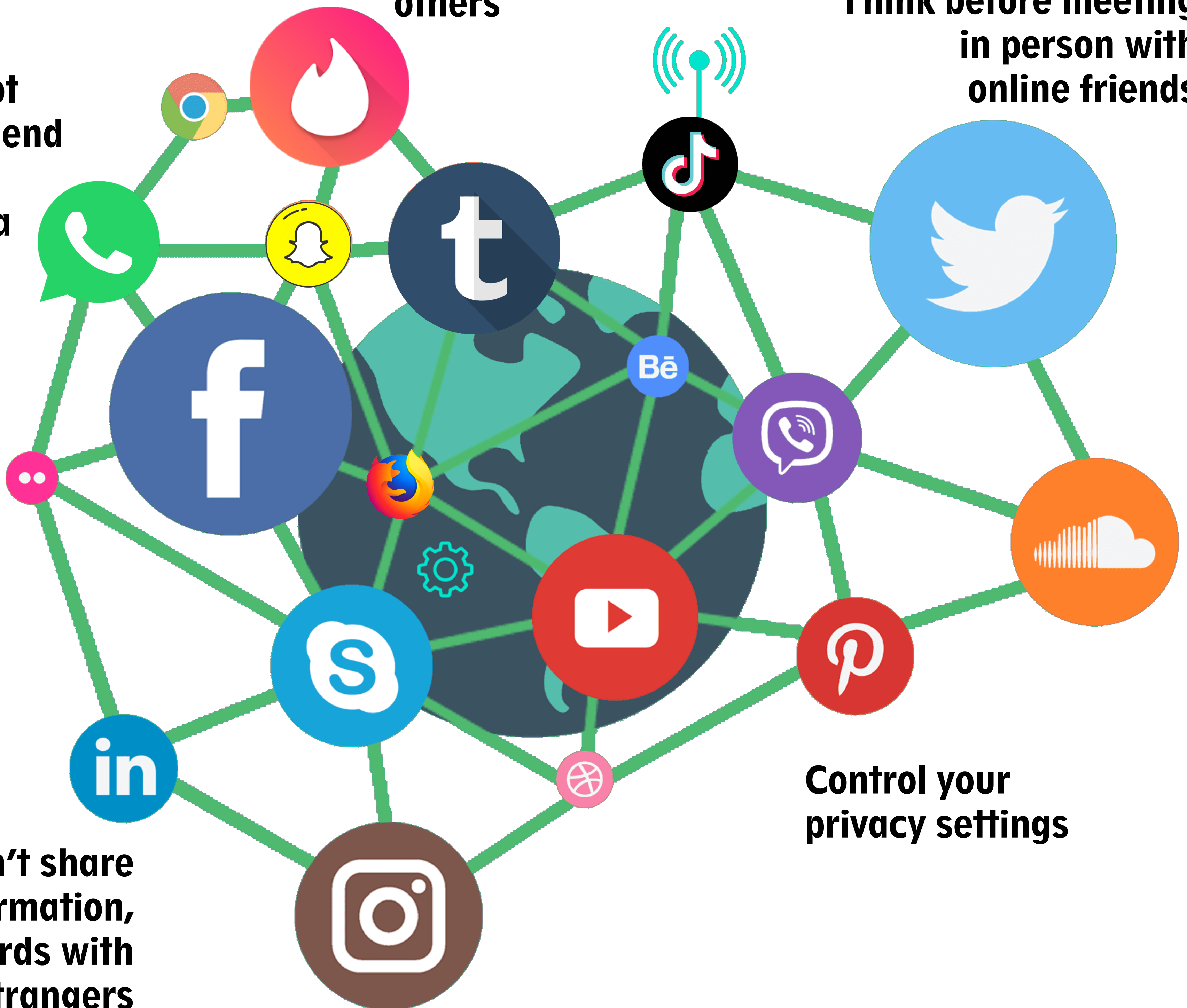


Use Social[💡] Media Wisely

Don't compare and judge your life based on others

Think before meeting in person with online friends

Don't accept unknown friend requests on social media platforms



Don't share personal information, passwords with strangers

Control your privacy settings

Stay Safe Online

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre

