THE ONE PAGE TO KEEP

# The four questions for *any feed.*

01

## What does it select?

Which signals does it use, and what might they misunderstand?

02

## What does it amplify?

What happens when the same subject appears again and again?

03

## What happens when I disagree?

Does the feed respect an explicit Not interested?

04

## Can I change direction?

Can I interrupt an unwanted pattern without leaving the platform?

Selection · Accumulation · Correction · Control

TAKE-HOME POSTER

# Four small moves can change what happens next.

These steps apply to distressing feeds as well as ordinary unwanted recommendations. They are not a substitute for qualified care when safety is at stake.

01

## PAUSE

Stop the scroll. A person never owes a feed another minute.

02

## CHECK

What is happening? How does it feel? What might the system misunderstand?

03

## PROTECT

Use appropriate controls, protect privacy and choose a safer route.

04

## CONNECT

Talk to a trusted person. Seek qualified support where needed.

WHICH CONTROL DOES WHAT?

# A button is not a guarantee.

FILM 04 / 55 SEC

## Not interested isn’t enough

Feedback, feed reset and non-profiling explained without jargon.

QR AFTER LAUNCH

01

### Not interested

Influences recommendations related to an unwanted post. Check whether similar posts decrease.

02

### Topic / keyword filter

Limits some subjects, words or recommendations where supported. It is not necessarily comprehensive.

03

### Feed reset

Re-shapes the overall recommendation starting point. The service can learn again over time.

04

### Non-profiling option

Changes the basis of recommendation. On very large platforms, the DSA requires at least one such option.

> The functions are different. No single setting proves that a platform has met its safety responsibilities.

# Pick one. Talk it through.

There is no test score, and adults are allowed to change their minds too. Cut out the cards or leave them on the page.

01 **Watch ≠ want**

If you watch something because it worries you, does that mean you want more?

**TRY THIS** Name three reasons for watching that are not enjoyment.

THE FEED DETECTIVE / CUT OR KEEP

02 **Two minds**

Could two people watch the same video for completely different reasons?

**TRY THIS** What would be visible to the system?

THE FEED DETECTIVE / CUT OR KEEP

03 **Popularity**

Does a popular video tell us what most people believe?

**TRY THIS** What information would you need to find out?

THE FEED DETECTIVE / CUT OR KEEP

04 **The repeat**

What changes when every second recommendation looks the same?

**TRY THIS** Would variety change your experience?

THE FEED DETECTIVE / CUT OR KEEP

05 **The funny start**

Can a funny first video lead into an upsetting feed?

**TRY THIS** How can a sequence change the meaning of content?

THE FEED DETECTIVE / CUT OR KEEP

06 **The replay**

Why might someone rewatch a frightening clip?

**TRY THIS** How could the system get their intention wrong?

THE FEED DETECTIVE / CUT OR KEEP

# Pick one. Talk it through.

There is no test score, and adults are allowed to change their minds too. Cut out the cards or leave them on the page.

07 **A real no**

Should Not interested outweigh what the system predicted yesterday?

**TRY THIS** What would meaningful correction look like?

THE FEED DETECTIVE / CUT OR KEEP

08 **Starting over**

What can a feed reset change—and what might it not change?

**TRY THIS** Why might the feed learn again?

THE FEED DETECTIVE / CUT OR KEEP

09 **Other ranking**

Is a non-profiling feed the same as having no recommendations?

**TRY THIS** What else might decide what appears?

THE FEED DETECTIVE / CUT OR KEEP

10 **Stopping points**

How can a feed help someone notice it is time for a break?

**TRY THIS** Think of a natural stopping point.

THE FEED DETECTIVE / CUT OR KEEP

11 **Trust first**

How can you discuss a worrying feed without invading privacy?

**TRY THIS** What would help you feel safe enough to talk?

THE FEED DETECTIVE / CUT OR KEEP

12 **A button works?**

If a platform offers a safety control, what must we ask next?

**TRY THIS** How would we test whether it helped?

THE FEED DETECTIVE / CUT OR KEEP

OUR FAMILY PACT

# Our family feed agreement.

Not a list of punishments. A few promises about trust, privacy, support and how we want to use technology together.

- ☐ We can ask about a worrying feed without getting blamed for seeing it.
- ☐ We protect one another's privacy and do not demand feed histories as homework.
- ☐ We can try a control together and check if it really helps.
- ☐ We will look beyond a feed for information when something feels important.
- ☐ We will ask for human help when something feels frightening or serious.

**Our own promise**

**One thing we will try this week**

Family member / date

Family member / date

WHEN PEOPLE NEED PEOPLE

# The most useful safety feature is sometimes a conversation.

Most unwanted recommendations are not emergencies. But if a child is distressed, being threatened or may be at immediate risk, prioritise care and safety rather than investigating the app.

## Everyday concern

Pause, listen without judgement and decide together whether controls, a different source or a break would help.

## Persistent distress

Talk with a trusted adult and consider appropriate school safeguarding or qualified health support.

## Urgent or immediate danger

Stay with the child if safe to do so, follow relevant safeguarding procedures and contact emergency help.

| 112 | 1411 | 116 111 |
| --- | --- | --- |
| Portugal / EU emergency | Portugal suicide prevention | Portugal child support |

> Outside Portugal, use the appropriate local emergency and child-protection services. This resource is educational and not a clinical or safeguarding assessment.