Um, ok, but what do I DO??

Make mindfulness more than a buzzword – pay attention to how online spaces & social media are making you think & feel, & be conscious of how you want to engage/ be engaged with

Start taking small but purposeful actions to be more secure online – better passwords (including for your phone!), use a more secure messaging app with friends, delete apps you don’t use, change the default permissions for the ones you do

See the other side of this zine for more ideas & extra resources - Every little thing you do, more than nothing, really makes a difference!!!

Eventually, to behold is to become beholden to.

Jenny Odell
How to Do Nothing