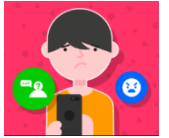
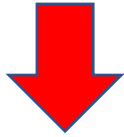


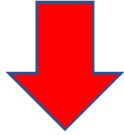
Is something making me feel upset, confused, or worried online?

What if I think I am being cyber-bullied?

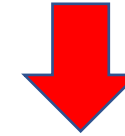


Have I told a trusted adult?
e.g Parent or carer / Family member / Teacher or teaching assistant

- 1) **Save** any evidence and don't reply
- 2) **Block** users who send you nasty messages
- 3) **Log off**
- 4) **Talk** to a trusted adult



Where else can I go to get help?



childline
ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk



0800 1111



TO REPORT INCIDENTS

ADVICE

www.ceop.police.uk/

www.saferinternet.org.uk

Am I worried about other users on a social network or game?

I am not 13! I should not be on a social network!
But I can...

Report on the platform I am using, **OR** if I am not sure how to report, go here to learn what to do:



www.reportharmfulcontent.com