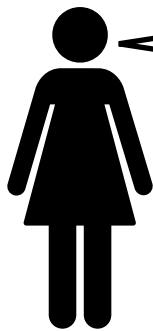


Something is worrying me online.

Tell an adult you trust.

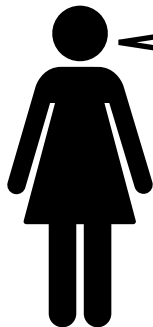


- This adult makes you feel better when you are feeling sad or hurt.
- This adult doesn't scare you.
- This adult is someone you can talk to about anything without feeling worried.
- This is an adult you may feel close to.
- This adult may have helped you with something before.



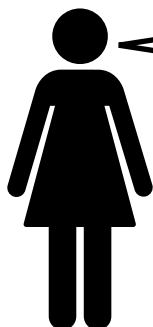
An internet search or website has made me worried.

If you are in KS2, have you made sure you have the filters on when using google?
Have you added 'for kids' in your search?
Your trusted adult will help you.



I have been sent a picture or text that has made me worried.

Don't delete it!
Show your trusted adult.



Somebody is not being nice to me online.

Block them!
If this happens on a website, report them to the moderator.
Tell your trusted adult.