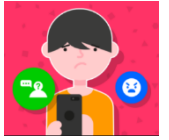
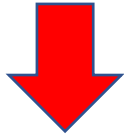


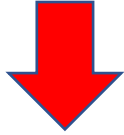
Is something making me feel upset, confused, or worried online?

What if I think I am being cyber-bullied?

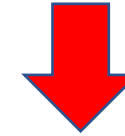


Have I told a trusted adult?  
e.g Parent or carer / Family member / Teacher or teaching assistant

- 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](http://www.childline.org.uk)



**0800 1111**



**ADVICE**

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

**TO REPORT INCIDENTS**

[www.ceop.police.uk/](http://www.ceop.police.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](http://www.reportharmfulcontent.com)