

# If you see something online that makes you feel upset, anxious or uncomfortable ...

- ✓ Step away from it
- ✓ Tell an adult you trust, like a parent or teacher
- ✓ Don't delete or respond to it
- ✓ Report it in the app or on the website



**> Talk to** **Louise Togher**  
or another trusted adult  
**any time**



You can also call these helplines at any time:  
Childline: 0800 1111      NSPCC: 0808 800 5000