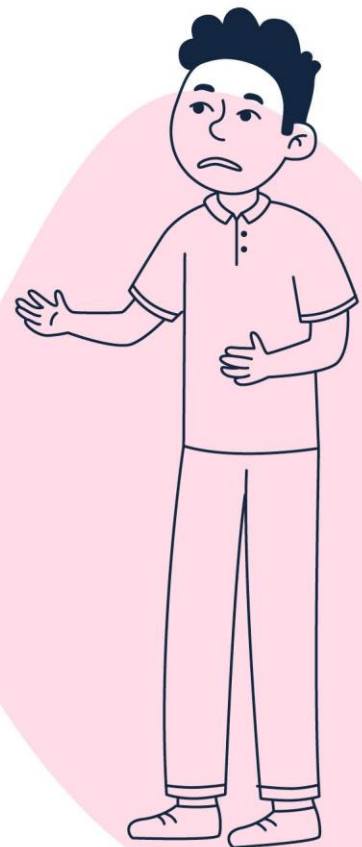


# If you see something online that makes you feel sad or worried ...

- ✓ 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** Your parents or someone you trust **any time**

You can also call these helplines at any time:

Childline: 0800 1111    NSPCC: 0808 800 5000