

Worried About Anything Online?

How to get help

- ✓ **Go to a trusted adult:**
This person may be a teacher, parent, carer or relative.
- ✓ **Ask for help when you need it:** Even if something feels small or silly, it's always good to ask.
- ✓ **Know what words to use:**
You could say:
"I feel worried about..."
"People are talking about..."
"Someone asked me to..."

