

What To Do If You Get Into Trouble Online...



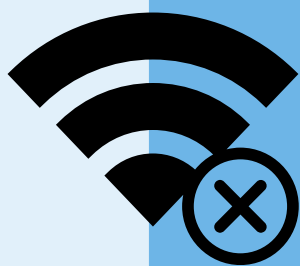
Stop What You're Doing

Step away from your device, and don't continue typing, scrolling or clicking.



Tell Someone

Talk to an adult about what's happening. Your parents, teachers and family friends are here to help.



Disconnect

Disconnect from the person, account or website that is making you feel uncomfortable.



Be Aware

Make sure you stay alert when connecting with people and interacting with websites online.