

If I see or hear, am sent or shown words, photos or videos that I've got questions about or make me feel ...

Scared
Nervous
Upset

Confused
Embarrassed
Uncomfortable

Weird
Sad
Unsafe

I can talk with a trusted adult.



- 1
- 2
- 3
- 4
- 5

I can also call the Kids Helpline on **1800 55 1800** or **000** if it's an emergency.

