

Something online doesn't feel right?



Not sure what to do?
Scan for advice and support.

You don't have to deal with it alone.

Something happened online.
What now?

- ➡ **Don't delete it** - Keep what you can as evidence.
- ➡ **Stop the contact** - Don't give them anything else, block them if it's safe to do so.
- ➡ **Report it** - Use the app or platform's reporting tools.
- ➡ **Tell a trusted adult** - A parent, teacher or another adult can help you work out what to do next.

Remember
You're not in trouble.
It's okay to ask for help.
You don't have to handle it by yourself.

"Even if you feel close to them, if they're asking you to do something that makes you uncomfortable, it's grooming."

-ThinkUKnow / CEOP

Need more support?



Childline
0800 1111
childline.org.uk



Ditch the Label
ditchthelabel.org



The Mix
themix.org.uk



Report Harmful Content
reportharmfulcontent.com