

# Remember **ABCD** when using apps and games

**A** way time



**B**reathe & bend



**C**heck in



**D**own time



Optus Digital  
Thumbprint

with



kidshelpline  
Anytime Any Reason

You can contact Kids Helpline for help!  
1800 55 1800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)