Optus Digital Thumbprint

with **kidshelpline** Anytime | Any Reason

Stay Safe Online!

If anything online makes you feel:

Everything will be OK **if you:**

1. STOP!
- Stay calm.
- Don't ignore the problem or panic.

2. SHARE!
- Show and tell an adult (parent/guardian or teacher) straight away!
- Screenshot (keep the evidence) to share if making a report (eg. for cyberbullying).

3. SHUT IT DOWN!
- Block anyone you don't know or who makes you feel uncomfortable.
- Report any cyberbullying or anything inappropriate to the site you are on (first) and eSafety (second).
- Shut down your device, have a "tech break"!

Who else can help?
kidshelpline.com.au
esafety.gov.au

Who I can talk to:

kidshelpline @ School