

## Key concepts

Adults decide if they want to drink alcohol or not.  
There are risks related to drinking alcohol.

If someone is choking, we can help with back blows or tummy thrusts.

If someone is unresponsive but breathing, we should put them in the recovery position.



Respecting people online is as important as respecting them face to face.



# THINK

Before sending online messages, remember:

- T** - Is it **true**?
- H** - Is it **helpful**?
- I** - Is it **inspiring**?
- N** - Is it **necessary**?
- K** - Is it **kind**?

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# Getting help

In an emergency,  
call 111 or 999.

If you are worried about  
something, talk to an  
adult you trust.

Contact: Childline  
[www.childline.org](http://www.childline.org) | 0800 1111  
Calls do not show on the phone bill



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