



We might not know people we meet online as well as those we have met in person. So we need to be careful with the information that we share with them.



Before sending online messages, remember:

T H I N K

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

Getting help



In an emergency, call 999 (or 112, which works in the UK and the rest of Europe). Call 111 for medical help and advice when you need help but it is not a life-threatening emergency.

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

Contact: Childline
www.childline.org | 0800 1111
Calls do not show on the phone bill.