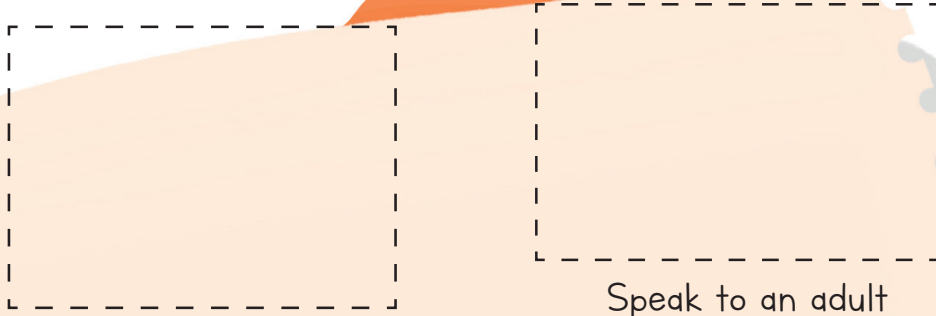




⌚ 15 min

👣 Age 5+

IN REAL LIFE AND ONLINE,
MY ATTITUDE IS FINE!

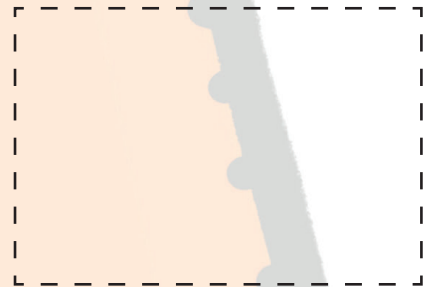


Go to bed

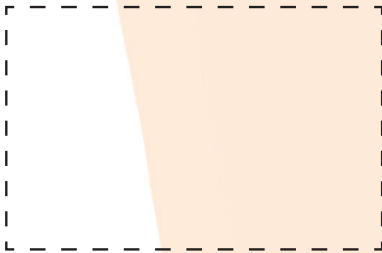
Speak to an adult
that I trust



Talk to a friend
about it



Keep watching



Not tell anyone
about it



What should I do if I see
or hear something
that bothers me?



Cut out the pictures and
glue them in the right place

