

Kit and Arlo Find a Way



Safety statements

SAFE = continue without support and remember ...



- Trusted adults can make sure you are okay.
- You can always talk to trusted adults about anything you ever see or anything that is happening online.
- You can always talk to trusted adults about how being online makes you feel.
- You always have the option to report; a trusted adult can help you report a game, app or website.
- Don't worry about getting into trouble – it is more important to talk to a parent or carer or teacher.
- It is normal to be curious about images of bodies, but some internet images do not represent real life.
- It's not your fault if you see something you don't like or that makes you feel confused.

- The important thing is to make sure you are OK and you are enjoying yourself.
- You always have the option to switch off, close the browser or turn off the screen. If you ever feel uncomfortable, you don't have to look at anything that upsets you.
- You can always get help and support from Kids Helpline.

LESS SAFE = be cautious, likely to need adult assistance



- You feel that something is not right — trust your feelings.
- You clicked on a link and saw something that was confusing or made you feel worried.
- Perhaps someone sent you an image or video that made you feel ‘yuck’.
- You saw something online that made you feel uncomfortable, unsafe or scared.
- Collect evidence and block. Before you block the abusive person, get your parent, carer or a trusted adult to help you take screenshots. This needs adult help.
- Report to the police — or make an anonymous report to Crime Stoppers.
- Adults can help you to set up your device safety, so you don’t see something like this again.
- Ask adults to help you check the security and privacy of your device.



- Things don't add up — the other person's online profile does not match what you see and hear when you talk or chat with them.
- They tell you their webcam is broken – sometimes people who want to harm you pretend to be a boy or girl your own age and say their webcam is broken so you can't see them.
- They contact you all the time and in different ways. You meet in an online game and they ask you to start texting them.
- They ask you who else uses your computer or tablet or even which room of your house you are in.
- They ask you for favours and say that they will do things in return. People who want to harm you often use promises and favours to gain your trust.
- They say nice things about the way you are dressed or your body or ask things like 'have you ever been kissed'?
- They insist on meeting. They keep talking about meeting in person or try to make you feel bad if you say no.
- They ask you to keep your friendship secret. People who want to harm you often try to keep the friendship private from the beginning.
- You see images of private pictures or body parts that give you your 'early warning signs'.