



ONLINE

ABUSE



IT'S
NOT
OK

Apps, games and social media sites can be a great way to keep in touch with people, share things and get information.

But there are things that could go wrong, even when you're careful.

It's never too late to ask for help.



What to do

- Ask an adult you trust for help, like a family member, youth worker, carer or teacher.
- If you're a child or young person and want to talk, contact **childline.org.uk** or call **0800 1111**.
- Visit **www.thinkuknow.co.uk** for advice about dealing with online pressures. There's information for all ages.

NSPCC

