

## Who should I tell?

- An adult that you trust
- Parent/carer
- Older sister/brother
- Auntie/uncle
- School adult

## What can be done?

- The police can block images
- It's illegal to send these pictures, so they can stop people from doing that
- Adults can protect you from strangers
- The sooner you ask for help, the better

## Is it my fault?

- Never
- We all do silly things sometimes
- People will forgive you for making a mistake