

If I see or hear, am sent or shown words,
photos or videos that I've got questions about
or make me feel ...

Scared
Nervous
Upset

Confused
Embarrassed
Uncomfortable

Weird
Sad
Unsafe

I can talk with a
trusted adult.



1

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I can also call the Kids Helpline on
1800 55 1800 or **000** if it's an emergency.

