

# 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

I can talk with a trusted adult about anything no

Confused  
Embarrassed  
Uncomfortable

Weird  
Sad  
Unsafe

I can talk with a trusted adult.



- 1
- 2
- 3
- 4
- 5

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

