

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.



## My Trusted Adults

1

2

3

4

5

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

