

When I'm on the Internet or a mobile phone

I  and

## THINK

About what I'm seeing, hearing and doing  
About how it makes me feel  
About what I'm being asked to do

## ASK

Is this weird or creepy?  
Am I being sucked in?  
Could this hurt me or someone else?

## REMEMBER

Some people lie about who they are  
Things I send on the Internet are there forever  
If I'm worried I can talk with an adult I trust



If you need some help and support, you can call  
**0508 NETSAFE** (0508 638 723) toll-free or send an  
email to [queries@netsafe.org.nz](mailto:queries@netsafe.org.nz).

[www.netsafe.org.nz](http://www.netsafe.org.nz)

NetSafe  
The Internet Safety Group

