

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 put online 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
www.netsafe.org.nz

This card sponsored by



child,
youth
and
family

NetSafe
The Internet Safety Group

