IF SOMETHING GOES WRONG ...

If something goes wrong online, the worst thing to do is to ignore it. It allows your brain to launch into lots of **WHAT IF** scenarios making things feel much worse than it might actually be.

The bravest and most Growth Mindset thing to do is to take the first step towards finding a solution.

Whether someone has shared personal pictures or information of yours online, or a joke has gone too far, it ALWAYS feels better to be working towards a solution than sticking your head in the sand.

WHO CAN HELP?

SCHOOL It might feel like a hard thing to do trusting a teacher or a guidance councilor, but your welfare is their number one concern and they can help you to speak to the other adults in your life.

CARERS It might feel really daunting talking to your foster carers, and yes … they might be angry initially, but how will they be able to support you if they don't know what's going on and how it's affecting you?

IWF (International Watch Foundation) https://report.iwf.org. uk/en
This organization can help if a private image of you has been shared online. In the UK, if they review the image and deem it illegal, they have the power to have it removed from the internet.

CEOP (Child Exploitation Online Protection Centre)
 https://www.thinkuknow. co.uk/parents/Get-help/ Reporting-an-incident/ This organization helps give information, advice and support dealing with online predators.

LOCAL POLICE Local police can become involved if the incident is having a negative effect on the wellbeing of the people involved.

YOUNG MINDS offer a free 24/7 crisis messenger for under 18s to access

support when experiencing a mental health crisis. You can access the crisis messenger by texting YM to 85258. Find more information on their website: youngminds.org.uk