

Pause – Say ‘No’ – Tell

Ways to pause, say ‘no’ and tell someone if you feel uncomfortable or unsafe online.

Pause



If you’re chatting to someone online and something feels strange or unsafe, it’s okay to pause and take time to think. Pausing gives you time to make choices that help you stay safe.

Things you can do

- Tell a friend – ask *“Is this normal?”*
- Take a breath and think *“How do I feel right now?” “Is there anything about this that makes me feel uncomfortable?”*
- Put down your phone or step away from your device
- Go for a walk and change your surroundings for a moment, this can help you clear your mind

Things you can say

- *“I’m busy right now, I need to go”*
- *“Can’t chat. Homework stuff”*
- *“Battery is low, gotta go”*
- *“Someone’s calling me, I’m going”*

Say ‘No’



It’s okay to say ‘no’ if someone asks you to do something that feels wrong, unsafe or uncomfortable. Saying ‘no’ is a powerful way to protect yourself. It sets clear boundaries, reinforces your right to feel safe and sends a message that your limits must be respected. If someone is making you feel guilty or wants you to do something that doesn’t feel okay, it’s not rude for you to say ‘no’.

Things you can do

- Block or mute the person you’re chatting with and report the account to the app you are using
- Turn off the message function
- Leave the chat without replying

Things you can say

- *“No, I don’t want to do that”*
- *“No that’s not for me”*
- *“No. Stop asking me”*

Tell



If someone makes you feel unsafe or worried, tell a trusted adult. Some people may try to stop you asking for help, but you deserve to be safe and supported. No matter what’s happened or what they say, there are always safe adults who can help.

Who you can tell

- a parent or carer
- a teacher
- police

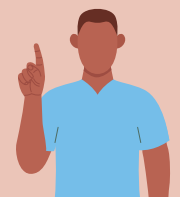
If you’re not sure who you can tell, these are some places you can call to talk about your worries and get help.

- **Headspace** 1800 650 890
www.headspace.org.au
- **Kids Helpline** 1800 55 1800
www.kidshelpline.com.au
- **Lifeline** 13 11 14
www.lifeline.org.au
- **QLife** 1800 184 527
www.qlife.org.au

If a friend tells you this happened to them, help them say ‘NO’ and TELL using the steps above.

Make a report:

- If you feel you are in danger call Triple Zero immediately (000)
- Report any unsafe activity to the app or gaming site you are using
- Visit the Australian Centre to Counter Child Exploitation website (www.accce.gov.au/report) and click on *Report Abuse*. The police will help you get support, and your report can help keep other young people safe online.



Pause to think.
Say no to pressure.
Tell to get help.



Australian
Centre to Counter
Child Exploitation



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