



## Be alert when online

Watch Olivia's Story at: [youtu.be/q\\_0wQFDmJSk](https://youtu.be/q_0wQFDmJSk)

If you are affected by these issues contact:

**For children contact:**

Childline 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)  
[www.fearless.org](http://www.fearless.org) [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)  
[www.https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/)

**For Adults/Professionals contact:**

101 or 999 in an emergency  
NSPCC Helpline - 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)  
Cumbria Safeguarding Hub - 0333 240 1727  
Crimestoppers 0800 555111 [crimestoppers-uk.org](http://crimestoppers-uk.org)



**NSPCC**