Remember to be careful what websites you click on – you might come across sexually explicit or violent content by mistake.

What should I do if I see sexually explicit content online?

You may have accidently clicked on a link and seen sexual images that scared you or shocked you. Or your friends might have told you to search for sexual images or body parts. Or maybe you are curious about your changing body and relationships.

It's important to know that sexually explicit information online is often harmful to you and your friends. They could:

1. give you the wrong idea about sex and intimate relationships and harm your ability to form healthy, respectful relationships.
2. portray men and women in ways that are stereotyped and misleading about real life.
3. promote violence or aggression towards women, which is never okay.

If you want information that is real, factual and appropriate for your age, then ask a trusted adult or friend.

Sharing sexually explicit or nude photos of children is never okay. If you see this, you should report it to the police.

What should I do if I see violent content online?

Some people and groups share very graphic content online, such as violent images, accidents and injuries. You may have seen an image that really shocked you or made you feel scared. Sometimes the intention is harmless, but to you and others these images could be very disturbing.

Take action and control what you see

Remember that it's okay for you to decide what you see and what you don't want to see online. You can control this by:

1. Only visiting websites that you know and trust.
2. Only joining online groups that share positive and safe images and content.
3. Reporting images or content that scare or offend you. For information on reporting images or videos on Facebook, visit the Help Centre. You may also wish to read Facebook's Community Standards to learn what is and is not allowed on the platform.
4. Reporting illegal images or content to the police.
5. Talking to trusted adults and others from your support network for more information, advice or support.

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| Suicide or Self-Injury | Spam |

| Unauthorized Sales | Hate Speech |

| Terrorism | Q Some... |

If someone is in immediate dan... emergency services. Don't wa...