

WHAT TO DO IF YOU FEEL UNSAFE OR UNCOMFORTABLE

At National Joblink we want you to always feel safe and comfortable. If you feel uncomfortable in anyway, online, physically, or emotionally then you can.....

Talk to someone you trust...

Anyone at National Joblink can help you.
Or it might be a friend or a family member.
Or a someone who looks after you.
Can you think of someone?
Can we help you think of someone?

If you can't talk about it...

Have a friend to come with you for support.
Or write it down.
Send an SMS or email to someone you trust.
Or you could draw a picture.

There is another option for you...

The Kids Helpline—it's free and it's confidential and it's for all young people. Telephone **1800 551 800**



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