

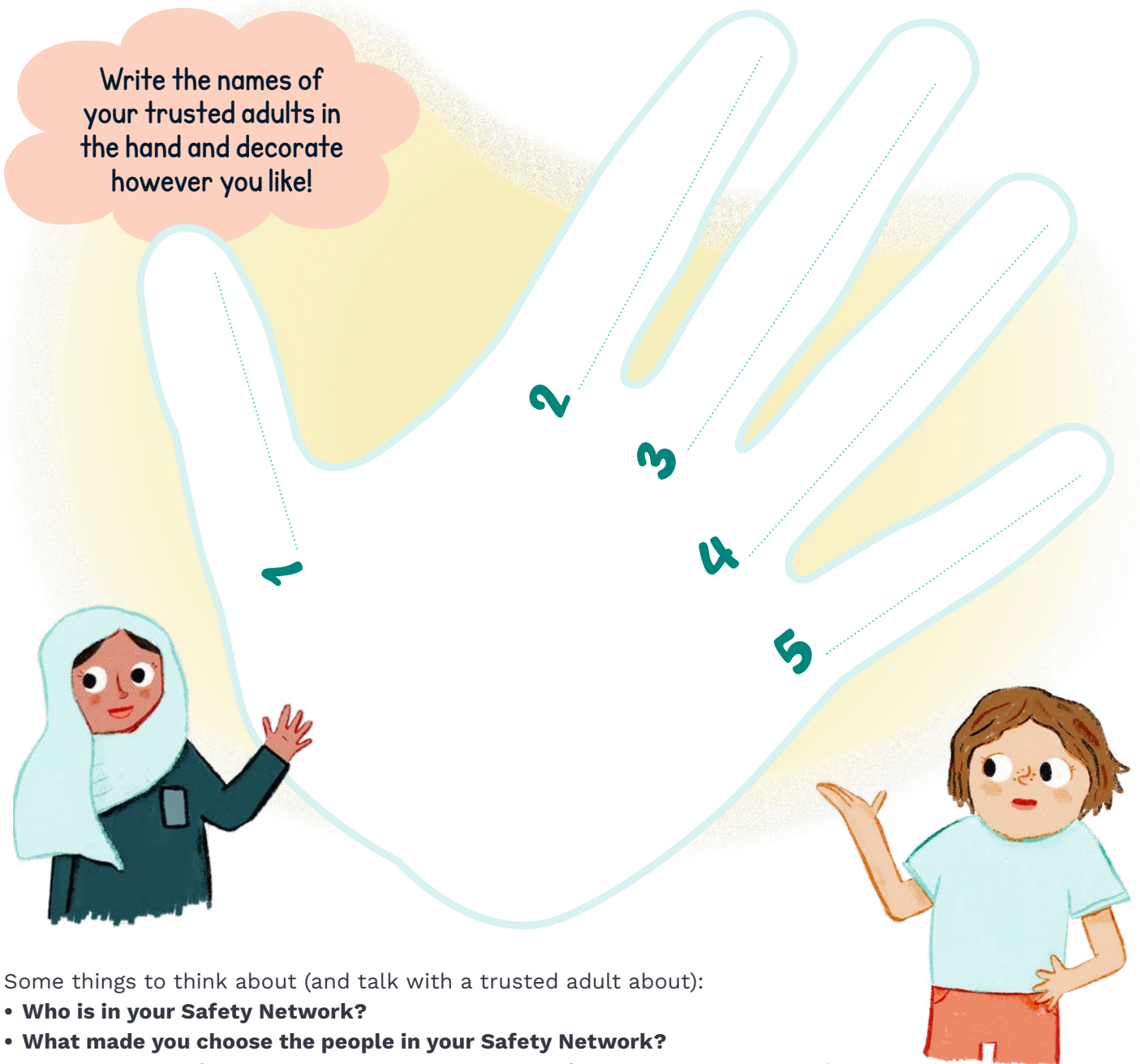
My Safety Network

It's important to know who to turn to when something does not feel right online.

In this activity you can create your **Safety Network** – a group of **3 to 5 safe and trusted adults** who you feel safe talking to. These are people who will listen to you and help you if you ever need it.

This could be a parent, aunty or uncle, teacher, or even special services you can talk to if you need help, like [Kids Helpline](#). Try to include at least one adult who isn't in your family. Your Safety Network might change over time, and that's okay.

Write the names of
your trusted adults in
the hand and decorate
however you like!



Some things to think about (and talk with a trusted adult about):

- **Who is in your Safety Network?**
- **What made you choose the people in your Safety Network?**
- **What helps you feel you can talk to them and ask for help when you need it?**

This activity supports eSafety's family book 'Let's talk about being safe online' which is designed to help parents, carers, and their children to explore online safety together, through simple, open conversations. [Access a free copy of the book on eSafety's website.](#)