

You Are Not Alone

In the following lessons, we tackle some difficult issues, that include **cyber bullying, trolling, abuse, threats**, and other dangers. Here, we want to assure you that you are not alone if any of these issues affect you, and you can get help.

Estimated Completion Time: 5 minutes.

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You can get help. Generally, you should talk to an adult you can trust. A parent, a teacher, a friend. If you can't find someone to trust, feel alone, upset, or simply need help, there is help available. Within Australia, you can contact any of the organisations below:

Lifeline - www.lifeline.org.au - 13 11 14

**Kids Helpline - www.kidshelp.com.au -
1800 55 1800**

**Beyond Blue - www.beyondblue.org.au -
1300 22 4636**

There are similar organizations in every country in the world. If you or anyone else is in immediate danger, call emergency services on **000** (Australia), or **911** (United States). Other countries may have different emergency numbers.

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