

**Anxious**

**Why do we get anxious?**

Millions of years ago, we relied on anxiety to keep us out of harm’s way. These days our bodies still try to protect us. We worry about different things that aren’t necessarily always dangerous but our bodies still react in the same way. This is why you can feel anxious about things that aren’t actually harmful, such as:

* [**exams**](http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx)
* **worries about the world**
* **speaking in public**
* **going to**[**school**](http://www.childline.org.uk/Explore/SchoolCollege/Pages/School.aspx)
* **meeting new people**
* **staying at a friend’s house**
* **trying new things.**

**Anxiety can also happen for no obvious reason at all. It can start as a simple worry but grow into a**[**panic attack**](http://www.childline.org.uk/Explore/Anxiety/pages/about-panic-attacks.aspx)**. If you have a lot on your mind then sometimes quite a small thing can trigger anxiety. Remember, anxiety is normal. There are things you can do to help**[**manage your anxiety**](http://www.childline.org.uk/Explore/Anxiety/Pages/Managing-your-anxiety.aspx)**.**

**Things that happen when you're anxious**

* **Your heart rate increases**This pumps blood into your muscles so they are prepared for action. This is called a 'fight or flight response' – your body prepares to face danger (fight) run away (flight) or freeze.
* **Your mind becomes alert**This helps you focus but can also mean that you over-analyse things.
* **Your breathing gets faster**   
  This allows your bloodstream to carry oxygen to your arms, legs and lungs.
* **You start to sweat more**  
  This controls your body temperature.
* **You can feel dizzy**Your blood is carrying more oxygen to your arms, legs and lungs, so there is less oxygen being sent to the brain. This is why people often feel light-headed.
* **Your muscles tense up**  
  This is to create power but can also cause shaking, which is normal.
* **Your liver releases sugar**This provides quick energy but can also make you feel fidgety.
* **Less important things slow down**For example, digestion and saliva production. This is what causes you to have a dry mouth, have a feeling like butterflies in your stomach or feel sick when you’re nervous.

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# Self-harm

Self-harm

Self-harm is when people set out to hurt themselves or damage their health deliberately, sometimes this is done in secret. If you ever feel like hurting yourself, please remember you’re not alone - we're here for you. Call us free on 0800 1111 or 999 in an emergency

**TRIGGER WARNING**:  
These pages contain information about self-harm which may be triggering.

## Why do people self-harm?

There are lots of reasons why young people might self-harm. The need to hurt yourself usually comes from emotions that are very difficult to cope with.

Young people might self-harm because it's a way of releasing tension or controlling something. It’s a physical pain that you can deal with, rather than an emotional feeling that you might find hard to cope with.

Self-harm can also be used as a way of self-punishment for something you feel bad about.

The reasons for self-harming can be very personal so it's okay if you don't know why you self-harm. Whatever you're going through, [**we're here for you**](http://www.childline.org.uk/talk/Pages/Talk.aspx). You don’t have to deal with things on your own. [**Check out our self-harm coping techniques**](http://www.childline.org.uk/Explore/Self-harm/Pages/Self-harmcopingtechniques.aspx)**.**

## How can I cope with the emotions that make me want to self-harm?

It often helps to think about the **emotion** you’re feeling when you want to self-harm. This can help you come up with a way of dealing with it.

Look at the different emotions below. Use these feelings to think about ways to cope with wanting to self-harm.

### Feeling alone or isolated?

**Try:** talking to someone, writing down how you feel, chatting on our [**message** **boards**](http://www.childline.org.uk/Talk/Boards/Pages/Threads.aspx?boardid=bff63842-edd2-4c62-a6cd-e7b70c73b24c&brdname=Self+harm)to other young people experiencing self-harm, walking the dog, wrapping a blanket around yourself, meeting up with a friend, or doing some exercise.

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### Feeling angry?

**Try:** punching something like a pillow, doing some exercise, running, screwing up paper and throwing it, snapping twigs, squeezing clay, hitting a rolled up newspaper on a door frame, screaming, crying, or having a cold shower.

### Feel like you hate yourself or that you’re not good enough (low self-esteem)?

**Try:**listening to music, having a bath, burning incense, phoning a friend, writing, painting, or listing good things about yourself.

[**Get tips on building your self-esteem.**](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Self-esteem.aspx)

### Feel like you can’t control things in your life?

**Try:** organising something, cleaning or tidying, solving a puzzle, playing a [**ChildLine game**](http://www.childline.org.uk/Play/Games/Pages/Games.aspx)**,** setting a target time (for example, saying you won’t harm for 15 minutes, and then if you can last, try another 15 minutes).

### Feel numb or like a ‘zombie’?

**Try:**focusing on something like breathing, being around people who make you feel good, craft activities, making a photo collage, playing an instrument, baking, playing computer games.

[**Talk to other young people on the ChildLine message boards about hobbies**.](http://www.childline.org.uk/Talk/Boards/Pages/Threads.aspx?boardid=5cf41734-4fc5-4088-a743-8657c23f8f46&brdname=hobbies+and+interests)

### Feel like you want to escape from your life or a difficult situation?

**Try:** having a hot or cold shower, drawing on your body with red pen, massaging lotion into the places you would normally harm, squeezing ice cubes or biting on lemon for the “shock factor,” or painting nails.

You can [**talk to a ChildLine counsellor**](http://www.childline.org.uk/talk/Pages/Talk.aspx)any time you feel out of control or that you might self-harm.

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# Online and mobile safety

Online safety

Computers and mobile phones help us all to share things, talk to our friends and meet new people. But they can also make it easier for bullies and other people who might want to hurt you to get close to you.

So it's important to know how to be safe on your computer, on your phone and on websites.

**Top internet safety tips from young people  
**

**Be careful what you share online**When you choose a profile picture for a social networking website like Facebook or Twitter, avoid photos that could give strangers clues about where you live. Check your privacy settings regularly. Think about what should be shared in public and what shouldn't.  Learn about how you can [**take care of your digital footprints**](http://www.childline.org.uk/Explore/OnlineSafety/Pages/Taking-care-of-your-digital-footprints.aspx).    
  


**Think before you post**  
Don’t upload or share anything you wouldn’t want your parents, teachers or friends seeing. Once you press send, it is no longer private. [**Find out more about sexting and staying in control**](http://www.childline.org.uk/Explore/OnlineSafety/Pages/Sexting.aspx)**.**  
  


* **Never share or reveal your passwords**Use strong passwords that are hard for others to guess, using a a mix of letters and numbers. Keep passwords to yourself and and change them regularly.

**Be careful who you chat to**  
If somebody you don’t know adds you as a friend, ignore them and delete their request. Don’t share personal information like your address or phone number with somebody you don't know. Learn about the signs that [**someone abusive is grooming you** **online**.](http://www.childline.org.uk/Explore/OnlineSafety/Pages/Online-grooming.aspx)

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## What is a digital footprint?

A digital footprint is everything people can find out about you from the websites you visit.

When you share something publicly online or leave comments on things others have posted, you are adding to a trail.

A lot of this trail can be seen by anyone. People who search for your name using search engines like Google could see it.

It’s important to think about what they might find and whether this could cause you any problems. Remember that you can control a lot of what people see. You can do this by making sure that everything you post online has the right audience. You can set up privacy settings on most websites you use to make sure you only share certain things with people you trust.

**What can people find out about you online?**

The internet is a public place. If you share something online you may not have full control over who sees it or what happens to it.

If people search for your name or a nickname you use, a lot of what you post online could be found.

People could copy, share or discuss things you've posted. Here are some things they could find, even years later:

* public posts and comments on social networking sites
* discussions or arguments you’ve been in
* reviews you've posted of films, music or other things you've shared your opinion about
* videos or images you are named or tagged in.

**Taking care of your reputation**

A digital footprint can be a good way to show off your skills and interests. Employers, colleges and universities often search the names of people who want to study or work with them. Some things might give them a good impression. If you've done some fundraising or created some art, it can feel good to show off your achievements.

Here are three things to bear in mind when you’re posting things online:

1. **The internet is an open space.** If you post something publicly anyone can find it. If you share something you only want your friends to see, think about how your family, teachers and classmates might react.

2. **Things you post online can be copied, saved or shared by other people.** Even if you change your mind and delete things they may have saved copies. Think about whether a friends-only post on a social networking website would be better than a public one.

3. **Personal insults, threats or**[**discrimination**](http://www.childline.org.uk/explore/crimelaw/pages/discrimination-and-equal-opportunities.aspx)**online can get you into trouble with the law.** This can happen even if you mean it as a joke. Think carefully before you post angry things online. It might help to write down your feelings on a piece of paper instead. Taking a break from being online until you're feeling less [**angry**](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Anger.aspx) is a good idea. It can help to get the angry feelings out without actually posting them.

If you're worried about your reputation online you can [**contact ChildLine**](http://www.childline.org.uk/talk/Pages/Talk.aspx) any time for advice.

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### [What are the risks of posting public things about myself online?](javascript:void(0))

People finding out too much about you can be embarrassing. It can also be unsafe. Here are some things that could happen if you don't take care:

- people working out where you live and go to school  
- people you want to impress getting a bad impression of you  
- possible [**‘grooming’**](http://www.childline.org.uk/Explore/OnlineSafety/Pages/Online-grooming.aspx) from adults who abuse young people   
- people stealing your identity  
- people you don't want to spend time with being able to find out where you are and what you are doing  
- things you said online a long time ago being found by friends, family or classmates much later on.   
  
There are many reasons why this could be dangerous. For example if you've ever had an [**abusive relationship**](http://www.childline.org.uk/explore/sexrelationships/pages/relationship-abuse.aspx) you might feel safer knowing your ex-boyfriend or girlfriend can't discover these details.

If you're worried about the way you come across online, you’re not alone. You can [**contact ChildLine**](http://www.childline.org.uk/talk/Pages/Talk.aspx) any time. Our counsellors will listen to how you feel and they won’t judge you.

### [I’ve said nasty things online and now I regret it. What can I do?](javascript:void(0))

Sometimes this is called ‘flaming’ or ‘trolling’. Flaming is when you post an angry or insulting response to someone online. Trolling is deliberately trying to wind people up online, often by using personal insults, threats or offensive language.   
  
Sometimes people get into trouble with the law for behaving badly online. It can seem less serious than 'real life' to insult someone online. Remember you can still hurt people's feelings. Here are some things you can do:   
  
- apologise to the people you’ve said nasty things to  
- delete what you said  
- make a promise to yourself not to do it again, even if they don't accept your apology.  
  
You might find it helpful to read through the tips on our [**bullying page**](http://www.childline.org.uk/Explore/Bullying/Pages/Bullying.aspx)**.** The questions section near the bottom of the page has some advice about how to stop yourself from bullying other people.   
  
Feeling [**guilty**](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Guilt.aspx) is a normal reaction. **[ChildLine counsellors are here to listen](http://www.childline.org.uk/talk/Pages/Talk.aspx" \o "Talk to a counsellor)**if you need to talk.

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# Friends

Friends

Having good friends is great, and friendships can last a whole lifetime. Like all relationships though, friendships can go through good times and bad times.

When your friends are unhappy or you have fallen out with each other, it can be really upsetting and make you sad.

When one of your friends is having problems or is upset it can make you unhappy too.

**What does being a friend mean?**

You will make lots of different kinds of friends in your life. Some friends you might know for only a short time and some you may know for your whole life. They are all important. Friends are different from people like family or classmates, because you choose who you are friends with, and they choose you.

Sometimes we need someone to have fun with, but sometimes we need a friend to support us through a tough time.

Friends should:

• **be supportive  
• listen to you when you need to talk  
• want to help you if they are able to  
• not put you in danger  
• include you in activities and conversations   
• not put you down or**[**bully**](http://www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx)**you  
• respect you - this should include respecting your religion and culture**

**I’ve fallen out with my friend. What can I do?**

Sometimes friends fall out. Usually they make up again soon, but sometimes the arguments are more serious. These can feel terrible. People who were part of your life are suddenly not there. Try talking to your friend and explaining how you feel.

If you have hurt them, be prepared to say sorry and find a way to make it better. If your friend really doesn’t want to talk, you could ask another friend or [**maybe even a teacher**](http://www.childline.org.uk/Explore/Life/Pages/asking-for-help.aspx)to speak to them for you and explain how you feel.

Sometimes they might just need some time to calm down.

The most important thing is that you both get on like you used to. It’s not important who ‘wins’ an argument or who is ‘right.’ Ask yourself: is the fight worth more than the friendship?

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### [I think I’m being bullied by my friends](javascript:void(0))

Sometimes in a group of friends it can be hard to tell what is ‘just a joke’ or ‘banter’ and what is bullying. Are the jokes always aimed at you, or do different people in the group get teased sometimes too? If the jokes are always about you personally (for example, about your appearance, intelligence, race or religion) then this isn’t okay. This could be bullying or [**emotional abuse**](http://www.childline.org.uk/Explore/AbuseSafety/Pages/Emotional.aspx)and your friends shouldn’t be doing it.

You could try talking to one of your friends when you are alone with them - they might act differently on their own. If there’s someone you are particularly close to in your group and who you can trust, they could be a good person to talk to. You could explain how the bullying or jokes make you feel and ask them to not join in if it happens again.

Being teased or bullied a lot by your friends is really tough. It’s natural to feel hurt if this is happening to you. You don't have to put up with it. You can [**tell someone you** **trust**](http://www.childline.org.uk/Explore/Life/Pages/asking-for-help.aspx) about what’s going on. It’s okay to start finding [**ways to make new friends**](http://www.childline.org.uk/Explore/Friends/Pages/Top-tips-for-making-friends.aspx)if the situation carries on.

### [I keep comparing myself to my friend and I wish I could be more like them](javascript:void(0))

When it comes to things like [**confidence**](http://www.childline.org.uk/explore/feelingsemotions/pages/self-esteem.aspx)**,**[**body image**](http://www.childline.org.uk/explore/mybody/pages/howyoulook.aspx)or popularity, it’s not healthy to compare yourself to someone else. Everyone is different and people are good at different things.

You might think your friend is really popular and always confident. But it is likely that they feel insecure or nervous in some situations.

**Social networking** sites like **Instagram** and **Facebook** can also make people jealous of their friends. Remember that on these sites people only upload photos of themselves when they are having fun or looking good. Most people don’t upload photos when they are bored or not feeling confident. Social networks are just the highlights of someone’s life. Someone’s account doesn’t show the full reality of their life, so it’s important not to compare yourself to your friends on social networks.

### [It feels like me and my friend are drifting apart. Is this normal?](javascript:void(0))

Sometimes it’s natural for friends to drift apart. This is more likely to happen when there is a big change in life – like if you and a friend go to different [**secondary schools**](http://www.childline.org.uk/explore/schoolcollege/pages/school.aspx)**.**

Friendships are normally best when they aren’t forced. If there’s a friend that you feel you are naturally growing away from, that’s okay – it’s likely that there will be another friend that you are getting closer to.

Drifting apart doesn't have to last forever. Sometimes things can go back to how they used to be before you drifted apart.

### [Two friends have fallen out and I feel stuck in the middle](javascript:void(0))

Sometimes friends fall out for so long that it’s hard to remember why they argued in the first place. It’s really frustrating to feel stuck in the middle.

It’s important to be honest with your friends. Tell them that you know they are having problems with each other, but you don’t want that to affect your friendship with either of them. It’s also a good idea to tell them that you don’t want to pick sides. You can say how you feel without being rude. [**Find out more about being assertive.**](http://www.childline.org.uk/explore/feelingsemotions/pages/being-assertive.aspx)

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### [My friend has started spending time with someone I don’t get on with…](javascript:void(0))

It’s okay to not get on with some people – we can’t always be friends with everyone we meet.

However, it’s also important not to judge anyone before getting to know them. Sometimes you might get a bad first impression of someone – but if you give them a chance you might start to like them more.

We can’t choose how we feel, but we can choose how we act. So if there’s someone in your group who you don’t like, it’s important to make sure you’re not nasty to them. You can get along with someone and hang out in the same group as them without being really close friends.

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# Eating problems Eating problems

Many young people have difficulties with eating food - for example not liking certain foods. Some people develop an eating disorder like anorexia, bulimia or binge eating after a distressing or traumatic experience.

If you start to feel worried about the amount you eat or think that you might have a problem with food, you can talk to us about it.

## What is anorexia nervosa?

Anorexia is an eating disorder and a serious [**mental health**](http://www.childline.org.uk/Explore/Mentalhealth/Pages/Mental-health-types.aspx)problem. People with anorexia stop themselves eating so they can lose weight. They often feel or think they look fat, even when they are very underweight. People with anorexia may also take tablets to lose weight or exercise too much.

Stopping yourself from eating is very dangerous. Eventually people can die if they don’t eat. Having anorexia can stop you realising that you have a problem, even though you might be really ill. That’s why it’s really important for you or a friend to get help if you’re eating less and losing a lot of weight.

Some people think that only girls can have anorexia. This isn't true - both boys and girls can be affected by anorexia.

**What should I do if I have anorexia?**

Even though it can be hard, it often helps to [**talk to someone you trust**](http://www.childline.org.uk/Explore/Life/Pages/asking-for-help.aspx)if you have anorexia. This might be a friend, your family, a teacher or a school nurse. Talking about it is the first step in not letting anorexia control your life.

You can also [**talk to a ChildLine counsellor for support**](http://www.childline.org.uk/talk/Pages/Talk.aspx). Speaking to someone who you don’t know might make it easier to be honest.

[**Seeing a doctor**](http://www.childline.org.uk/Play/GetInvolved/Pages/Visiting-your-doctor.aspx)is a really important part of recovering from anorexia. Sometimes people think that if they see a doctor about anorexia, they will be made to put on weight and eat loads more straight away. This isn’t always true. A doctor might encourage you to eat more if your weight is dangerously low. However, recovering from anorexia is mostly about changing the way you think about eating and helping you feel less guilty when you do eat.

### [What will happen if I don’t eat?](javascript:void(0))

Stopping yourself from eating can cause a lot of damage to your body. The effects of starving yourself can include:

**- losing your hair   
- problems with your heart   
- your periods stopping**

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**- your skin turning blue   
- finding it hard to concentrate or think properly**

**-finding it hard to remember   
- feeling detached from the world   
- your bones getting weaker   
- feeling very tired   
- having a weak immune system, which can make you more likely to get ill.**

## What is bulimia nervosa?

Bulimia nervosa is an eating disorder and [**mental health**](http://www.childline.org.uk/Explore/Mentalhealth/Pages/Mental-health-types.aspx)condition. People who have bulimia eat lots of food at once and then make themselves sick to get rid of the food. This is called bingeing and purging.

Some people with bulimia try to lose weight by taking harmful tablets that give you diarrhoea. These tablets are very dangerous.

Bingeing and purging (eating a lot and then getting rid of the food) over and over again will eventually do serious damage to your body and your teeth. Bulimia can also be very dangerous as it may make your weight go up and down really quickly.

Sometimes people think only girls have bulimia. This isn't true - both boys and girls can be affected by bulimia.

## What should I do if I have bulimia?

You can always [**talk to a ChildLine counsellor**](http://www.childline.org.uk/talk/Pages/Talk.aspx). A counsellor can help you think about the role food plays in your life and how you can control wanting to binge and purge.

The sooner you’re able to realise you have a problem, the easier it is to get support. It can feel scary, but [**talking to someone you trust**](http://www.childline.org.uk/Explore/Life/Pages/asking-for-help.aspx) can really help as it means you don’t have to keep it a secret anymore. Putting on a brave face and hiding what you’re doing can make you feel ashamed, [**embarrassed**](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Embarrassment.aspx)and alone.

Each situation is different, but if you [**see a doctor**](http://www.childline.org.uk/Play/GetInvolved/Pages/Visiting-your-doctor.aspx) they might ask if you would like to see a nutritionist or cognitive behavioural therapist (CBT). Getting professional help like this gives lots of young people the strength to recover from bulimia.

### [How does bulimia start?](javascript:void(0))

Lots of people who have bulimia feel bad about themselves or are having a difficult time at school or at home. If your life is full of pressure and stress, bulimia can feel like a temporary release.

Bulimia could start because of a mixture of different problems, such as:

- pressure to be thin   
- a sudden change to your surroundings, for example if you change school  
**-**[**bullying about your weight**](http://www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx)**-**[**bodily changes**](http://www.childline.org.uk/EXPLORE/MYBODY/Pages/MyBody.aspx)**-**[**emotional abuse**](http://www.childline.org.uk/Explore/AbuseSafety/Pages/Emotional.aspx)**-**[**stress at school**](http://www.childline.org.uk/Explore/SchoolCollege/Pages/School.aspx)**-**[**someone close to you dying**](http://www.childline.org.uk/Explore/Life/Pages/WhenSomeoneDies.aspx)**-**[**feeling alone**](http://www.childline.org.uk/Explore/FeelingsEmotions/Pages/Loneliness.aspx)**.**

These are some of the ways bulimia can start or get worse – without help, it can feel like it’s getting out of control. Talking about what’s happening to someone who understands bulimia can help things get better.

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# Asking an adult for help

**How can talking to an adult help?**

Talking to an adult who you trust can help you see your situation more clearly and can give you new ideas to help make things better.

Some young people get help from an adult on issues at home, like [**domestic violence**](http://www.childline.org.uk/Explore/HomeFamilies/Pages/Domesticviolence.aspx)or [**emotional abuse**](http://www.childline.org.uk/EXPLORE/ABUSESAFETY/Pages/Emotional.aspx)**.** Other young people get support with something at school, like [**bullying**](http://www.childline.org.uk/Explore/Bullying/Pages/Bullying.aspx)**.**

Sometimes we can make things better by [**being more assertive**](http://www.childline.org.uk/explore/feelingsemotions/pages/being-assertive.aspx)or by [**building our confidence**](http://www.childline.org.uk/explore/feelingsemotions/pages/self-esteem.aspx)- but not always. It’s okay to ask for help.

**Who can I talk to?**

It’s important to pick the right person to talk to. You should feel safe and comfortable with the adult. They might have helped you with something before.

Different young people have different people they can trust in their life. [**Talking to a ChildLine counsellor**](http://www.childline.org.uk/talk/Pages/Talk.aspx) can help you work out who that person might be for you. You could talk to:

**- a parent or carer   
- another family member   
- a friend's parent  
- a teacher   
-**[**a doctor**](http://www.childline.org.uk/Play/GetInvolved/Pages/Visiting-your-doctor.aspx) **- a school nurse   
- a counsellor   
- a neighbour   
- a sports coach   
- a religious leader**

### [What if I don’t want to tell someone face to face?](javascript:void(0))

It’s completely natural to feel worried about asking an adult for help. Some people find it easier to tell someone about a problem in writing. You could do this by writing:

- an email  
- a letter   
- a text message.

Sharing a problem in writing means there will be a record of what you've said. This means it’s important to keep it private. For example, sending an email is only between you and the other person – but social networks can be more public.

If you decide to write a letter to an adult about a problem you’re having, remember to put the letter in an envelope with their name on it. Otherwise they might forget about it or lose it.

If it's easier, you could draw a picture to help explain what's going on in your life. [**Try our Creative Tool**.](http://www.childline.org.uk/play/creative/pages/creativetools.aspx)Lots of young people use it to express themselves or get their feelings down.

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**If you need to speak to a counsellor straight away, please call us for free on 0800 1111.**

**http://www.childline.org.uk/**

**A ChildLine counsellor is someone:**

* who will listen to you and knows it takes courage to contact us
* who you can trust
* who is genuine, open and friendly
* who won't judge you or put you down
* who is not easily shocked
* who is aware of the sorts of problems you might be worried about
* who will let you take your time
* who is supported when they chat by a ChildLine Supervisor

Sometimes it can help to chat with somebody outside of your family or friendship circle. Our counsellors are here to listen and support you to come up with ideas on what you could do next.

Take a look at our [**top tips for using 1-2-1 chat**](http://www.childline.org.uk/Talk/Chat/Pages/online-chat-tips.aspx).

"I love 1-2-1 chat. I really want the courage to call the ChildLine number but at the moment I don’t have that. The counsellors on 1-2-1 chat are really kind; they just talk to me like a friend, how my day has been and what’s been happening. It helps me get through smaller things that would normally build up inside me." **Anonymous young person**

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| **doublewing**  **Welfare**  **Anxious** Self-harmOnline and mobile safetyFriendsEating problemsAsking an adult for help **ChildLine** |