

Ask your friend:

1. Who are you talking to?
2. Why are you being so secretive?
3. Why are you tired all the time?
4. Is there something you feel like you can't tell me?



Your friend may be in trouble.
This is what you can do.

- A. Tell a trusted adult** (a teacher, counselor, school nurse)
*Tattling is telling something to get someone in trouble.
Reporting is telling something to get someone help.*
- B. Text BEFREE at 233-733:** Can you help me?
Tell them what is happening. They will help.
- C. Make a report online at report.cybertip.org**
24/7 someone is there to help you connect with what you need.

youthonline.sharedhope.org

