

**Use this page to draw around your hand.  
On each finger, write the name of an adult you  
trust, who could help if you were worried about  
something online**

**Remember:** Never try to deal with online problems alone. If you are worried or upset by something online, speak to an adult you trust.



**Kent  
Police**

**Contacting Kent Police**

Report a non-urgent crime online [www.kent.police.uk/report](http://www.kent.police.uk/report)

Talk to us on LiveChat – available 24/7 [www.kent.police.uk/contact](http://www.kent.police.uk/contact)

In an emergency, if crime is in progress or life is in danger call **999**

If deaf or speech impaired, text '**police**' and your message to **60066**

[www.kent.police.uk](http://www.kent.police.uk)   