

Milly's Message



I'm here to help kids like me stay safe online in three easy steps.

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STEPS TO BEING SAFE ONLINE

See if you can guess the missing letters in the 3 steps that Milly's Message teaches us.

Can you remember what Milly did when she saw gross pictures?

1. L _ _ _ away

The movie that Milly saw kept playing round and around in her head. What did she do?

2. T _ _ _ someone s _ _ _

Milly learnt how to take charge of the pictures that swirled through her head by:

- focussing on breathing
listening to her quiet voice inside to help her make good choices, and
thinking about different things

If you do these things, you would be learning to:

3. Tr _ _ _ my br _ _ _

(hint: both words rhyme!)

Remember, you can ask a safe adult if you need help! Try writing down the names of as many safe adults that you can think of:
