



The Lisa Maria
Foundation

Protect yourself and others

If you are receiving cruel and hateful messages you can ask an adult you trust to help you.

Think twice before sending that message to someone online. You might not realise how much it is hurting them or the damage that it might cause.

Never share private pictures of yourself. You never know where they could end up and how they might be shared.

You cannot take photos of anyone without their consent and they cannot take photos of you without consent either.

