

HOW CAN WE HELP?

CONTACT US



Childline Tollfree Number

116

Available 24/7- Free from all Networks



Online Counselling

To reach a counsellor, simply visit www.childlinesa.org.za and click "Chat to a Counsellor".

We are available Monday-Friday,

11am–1pm and 2pm-6pm.



Email – info@childlinewc.org

Website – www.childlinewc.org

REMEMBER – keep telling until someone believes you and takes ac



DONATIONS:

Bank details: Childline Western Cape / Standard Bank / Branch Code 051001 / Current account number 410140023



STAY SMART ONLINE



CHILDLINE TOP TIPS FOR STAYING SAFE ONLINE BEFORE YOU VIEW, POST OR SHARE



THINK!

IS IT TRUE?

IS IT HELPFUL?

IS IT INSPIRING?

IS IT NECESSARY?

IS IT KIND?



STAY SMART ONLINE



S

SAFE: Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number, photos and password. Think carefully before posting pictures or videos of yourself.

M

MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or caregivers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

A

ACCEPTING: Accepting emails, instant messages, or opening files, images or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages or be trying to take information from your profile!

R

RELIABLE: Someone online might lie about who they are and information on the internet may not be true. Always check information by looking at other websites, in books, or with someone who knows. If you like chatting online it's best to only chat to your real world friends & family.

T

TELL: Tell a parent, caregiver or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.