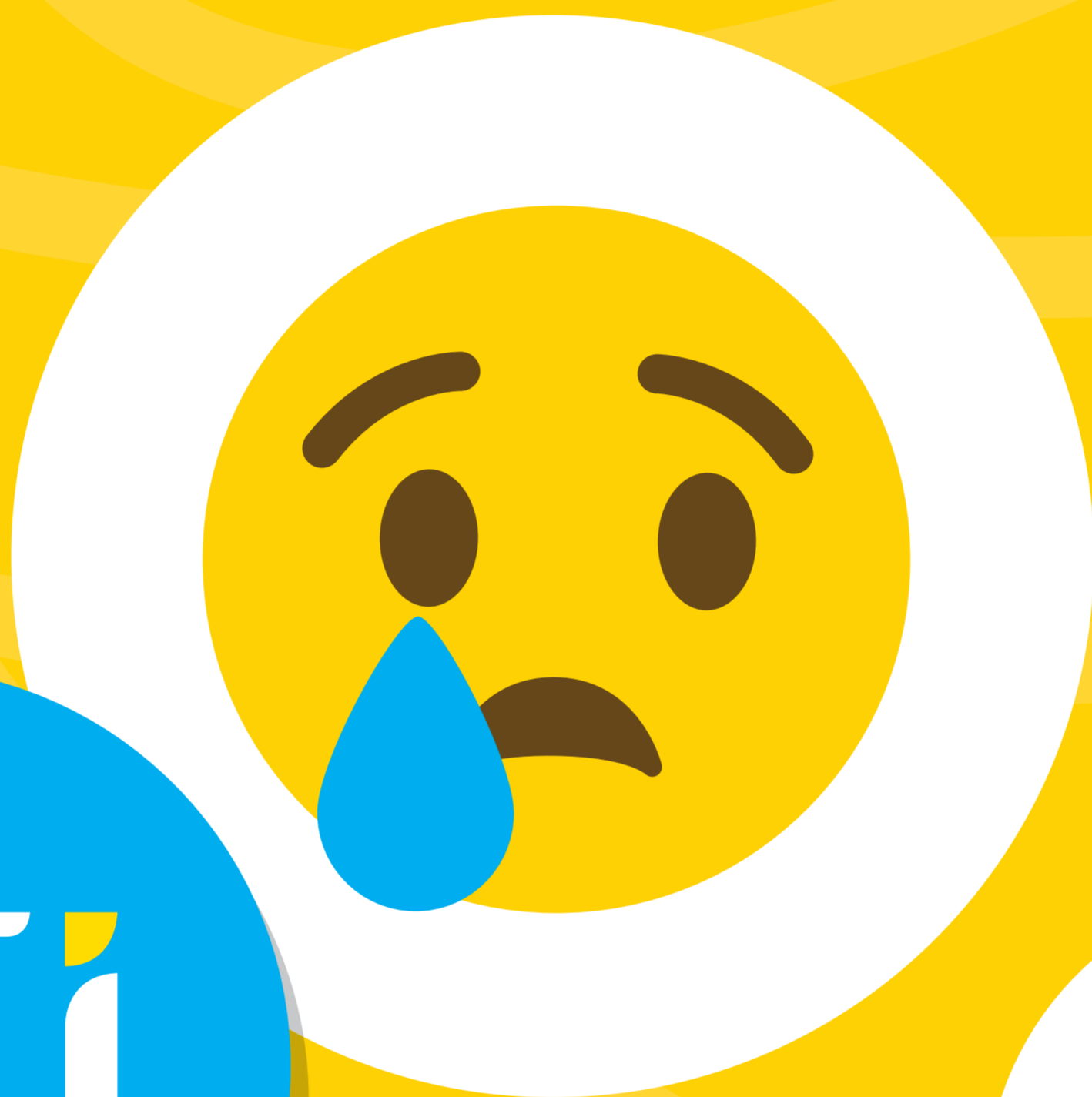


**You can turn off the internet**

**but you**

**can't turn off your feelings!**



**If something or someone online is making you feel upset talk to an adult.**