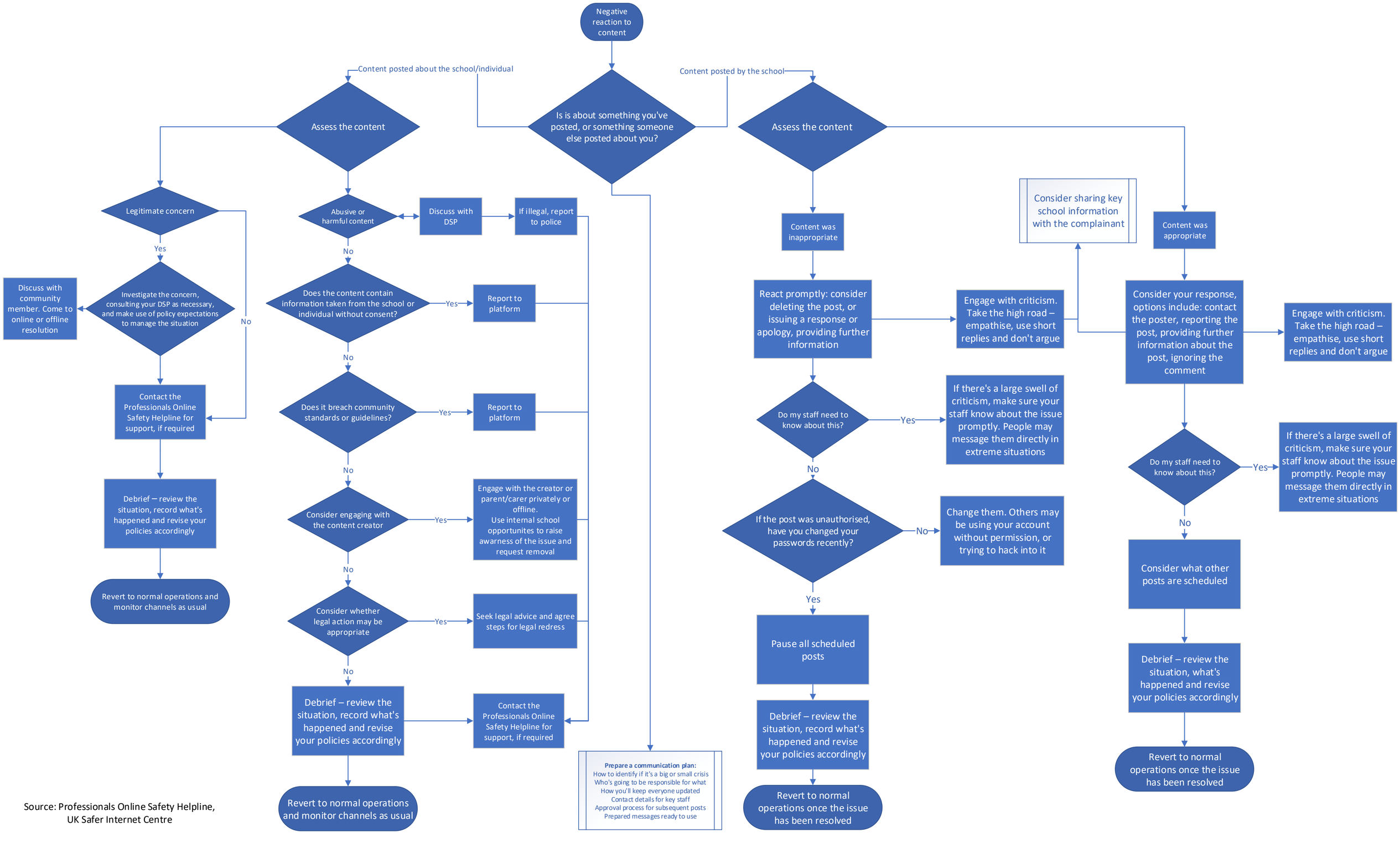

Source: Professionals Online Safety Helpline, UK Safer Internet Centre