

RULES OF THUMB



HAVE AN EXIT PLAN.

If you're in chat rooms, make sure that your screen name is different from your real name. If you're talking to/following people you don't know on apps like Instagram and Twitter, avoid posting anything that reveals where you are (like your school name, where your soccer team practices, etc.).



BE CAUTIOUS OF SHARING PICS.

If you share a picture, you can't control how it's being seen or if it's being posted or sent around. If there is any chance that the picture could get into the wrong hands, don't risk it.



TELL SOMEONE.

If you are ever made to feel uncomfortable or think that you may be in danger, tell someone you trust! If you'd like, you can also talk anonymously by calling the CyberTipline at 1-800-843-5678.



STAY IN SAFE ONLINE PLACES.

Just as you wouldn't walk down dark alleys alone at night, you should avoid creepy places online. You could stumble on explicit things you don't want to see (or might even be illegal!), or end up talking with people who are looking to take advantage of you. Follow your gut, and don't walk down the alleyways of the Internet.

WHAT TO DO?

TRUST YOUR GUT.

If something seems off, trust your instincts.

TALK TO SOMEONE SAFE.

If you need help, talk to someone you trust such as a friend, sibling, teacher or parent. If you'd rather talk to someone anonymously, You can text "LISTEN" to 741-741.

LEAVE IF YOU CAN.

If you receive any unwanted sexual comments or communication online, the best thing you can do is remove yourself from the conversation.

BLOCK THEM.

Understand your safety settings. If it doesn't stop immediately, you should block the person and consider reporting it to the safety team of whichever website you are on. You should also consider talking about it with an adult you trust.

REPORT IT.

If you're under 18 and someone is pressuring you to engage in sexual activities (e.g., cybersex, photos, webcamming) or is sending you explicit material, don't hesitate to call the police or the CyberTipline at 1-800-843-5678. They have advisers available 24/7 to help.

GET HELP.

If you need help, contact the police, go to RAINN.org, or call The National Sexual Assault Hotline at 1-800-656-HOPE (4673)

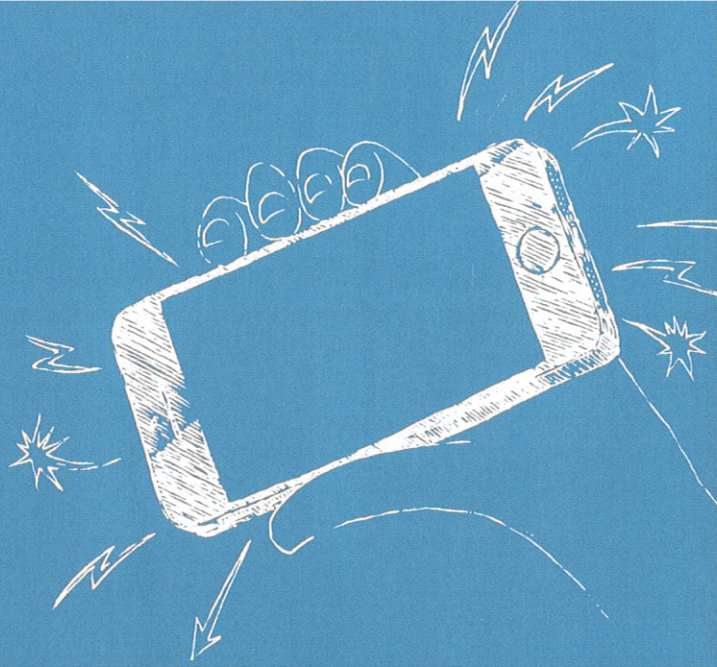
FOR MORE, VISIT WWW.LOVE146.ORG/YOUTH

LOVE146

END CHILD TRAFFICKING AND EXPLOITATION

ONLINE SAFETY GUIDE

From
LOVE146



Relationships and friendships can be confusing, and when you're talking to someone online, it can be especially complicated. But by knowing some warning signs, safety rules of thumb, and what to do if you feel uncomfortable, you can help protect yourself and your friends.



RED FLAG WORDS

“FIND ME ON KIK/SKYPE.” OR “LET’S GO PRIVATE.”

Leaving the comments section or public thread and talking in a private message gives people a chance to learn more personal information about you or to talk to you knowing that they’re safe from being “overheard.”

“ARE YOU ALONE?”

If someone you don’t know is specifically seeking out ways to talk to you in private, be extra careful. It’s okay to end a conversation or block a user that makes you feel uncomfortable.

“DO YOU HAVE A PIC?”

There are some pictures that seem harmless to share with someone you trust, but once you share a photo with someone, you can’t always control who they share it with. Pictures might also communicate more information than you intend to—for example, a photo of you and your friends at a basketball game can tell someone where you go to school.

“YOU SEEM SAD. TELL ME WHAT’S BOTHERING YOU.”

It is possible that the person is asking what seem to be personal, caring questions to find out ways to take advantage of you.

“I KNOW A WAY YOU CAN EARN MONEY FAST.”

Anyone offering you a way to make money fast should probably not be trusted. Do not get caught up in dealing with money with someone you don’t know, especially if it includes sending photos of yourself or talking on a webcam.

“WHAT’S YOUR PHONE NUMBER?”

A phone number may reveal your location, and often times, even your home address.

“I LOVE YOU.”

Everyone enjoys hearing the words “I love you,” but sometimes people will use this to manipulate you to do things that you might not do otherwise.

“DO WHAT I ASK OR I’LL SHOW EVERYONE THE PICS YOU SENT ME.”

Tell a parent, teacher, or another adult you trust right away if someone is trying to intimidate or threaten you.



ABOUT SEXTING THOUGH...

THINKING ABOUT SENDING A PHOTO? ASK YOURSELF:

- Would I do this face to face?
- Would I be okay with this photo being posted in my school’s hallway?
- Do I feel pressure to send something? If so, who can I talk to about it?

THINKING ABOUT ASKING FOR A PHOTO? ASK YOURSELF:

- Would I do this face to face?
- Would I be okay with someone asking me for the same thing?
- Do I feel pressured to by others? If so, who can I talk to about it?

SEE A CLASSMATE’S PHOTO BEING PASSED AROUND? DON’T JUMP TO CONCLUSIONS. ASK YOURSELF:

- If this were a photo of me, how would I want others to react?
- Tell a teacher or school counselor about the photo (you can ask them not to share who told them if you’re afraid of how others might react to you telling an adult).
- If you see the photo on social media, report it as inappropriate content so that it’s taken down.

SOMEONE SENDS YOU A PICTURE AND YOU DIDN’T EVEN WANT TO SEE IT!

- Tell someone you trust—you don’t have to deal with this issue on your own!
- Even if you’re upset, avoid the temptation to “get back” at them: do not pass that photo on. If they’re texting you, block their phone number so that they can’t contact you.

