

TALKING TO ADULTS ABOUT ONLINE HARM

TELL SOMEONE IF ONLINE HARM OR EXPLOITATION HAPPENS TO YOU

Talking to an adult – even one of your safe adults – about being exploited online can seem difficult and embarrassing. But it’s important to have their support and help. Here are some helpful tips.

1. **Practice what you will say to your adult with a supportive friend.**
 - You may feel more comfortable talking to your safe adult if you practice with a friend who you already talk to about online life.
 - Friends can give good advice, but adults can often help you better and faster than friends.
 - Take a friend with you for support when you talk to a safe adult.
2. **Think about what you will say.**
 - Be honest. Adults can best help you when they have the facts.
 - Have the “when, where, what, etc.” of the situation ready.
3. **Choose a good time and place.**
 - Try asking, “I need help with something happening online. Is this a good time to talk?”
 - If your adult is busy, ask when would be a better time, or should you seek help elsewhere.
4. **If you are scared to talk about it, say so.**
 - Be open about your feelings and anxieties – it’s important to talk about them! For example, you might say, “I’m scared to tell you because it might make you angry, but I know you can help me figure out what to do next.”
 - Ask for support and guidance. Many adults who care about you will be glad you came to them and proud of you for being brave.
 - If an adult seems like they will be too upset to help, let them know you will get help elsewhere and connect with another safe adult and/or a helpline.
5. **Start by setting the scene.**
 - You might start with, “I’m upset about something online that I’m not sure how to handle.”
 - Be specific about the situation that concerns you, such as a specific online interaction, a message, or a picture.
6. **Listen to their opinion and concerns, and express your gratitude for their support.**
 - The adults who care about you may be upset and worried inside. It’s a great idea to thank them for setting that aside to focus on helping you with the situation.
7. **Let them know the resources you know about.**
 - As adults figure out how best to help you, remember that you can help too by sharing the resources you have learned about (Childhelp Hotline, NCMEC, NoFiltr, and so on).

As you know, planning ahead helps. If something negative happens online, make a list of people to talk to:

My safe adults: _____

Where else to get help:

☐ **If someone is in immediate danger, call 911.**

☐ Call/text/chat with a helpline.

☐ Report to the app(s).

☐ Report to law enforcement.

VISIT childhelp.org/speakupbesafe **CALL** 480-922-8212 **E-MAIL** speakupsupport@childhelp.org

This informational handout was developed and made possible through a partnership between Childhelp and Meta.

STAYING SAFE FROM ONLINE HARM

GET HELP IF ONLINE HARM OR EXPLOITATION HAPPENS TO YOU

STEP 1 · TAKE CONTROL

ONLINE EXPLOITATION IS A CRIME AND IS ALWAYS THE FAULT OF THE PERPETRATOR

IF ANYONE IS IN IMMEDIATE DANGER, CALL 911.

STEP 2 · TELL SOMEONE

- Online harm can happen to anyone. You do not have to handle it alone.
- If someone exploits or harms you online, remember you can always tell your safe adult(s) or contact a 24/7 helpline (resources below).

STEP 3 · FILE A REPORT AND BLOCK ASSOCIATED ACCOUNTS

Even with preventive measures, someone can take advantage of you. **If it happens, follow these steps:**

GO TO [CyberTipline](https://report.cybertip.org) (<https://report.cybertip.org>) to file a report. NCMEC staff review reports, add important details, and send them to the right law enforcement agency for potential investigation.

TAKE SCREENSHOTS of text chats and threats. Do not delete conversation threads that could be used as evidence. (But do not take screenshots of any images of minors)

BLOCK AND REPORT any accounts associated with the person/people making threats.

DON'T SEND ANYTHING to the person. If you already have paid or sent images, know that it will be okay, do not send anything else, and get help.

STEP 4 · GET SUPPORT

CALL 911 - Call **911** if you are in immediate danger and need help, anytime, any day

TEXT for Help - Text "HELP" to **1-800-422-4452** to reach Childhelp

24/7 LIVE CHAT for Help - **Childhelp National Hotline** (<https://childhelphotline.org>) is available day and night; staffed by trained crisis counselors who can help with questions, healing after exploitation, and other support.

REPORT Exploitation - File a report of exploitation with the **CyberTipline** (<https://report.cybertip.org>)

REMOVE Explicit Photos - **Take It Down by NCMEC** (<https://takeitdown.ncmec.org>) is a free, anonymous service that can help take down sensitive or explicit images on the internet. (*Note: Since this service is anonymous, there is no follow-up.*)

ADVICE from a Youth Perspective - **NoFILTR by Thorn** (<https://nofiltr.org>) shares real stories and advice to help young people stay safe while exploring the online world and handling risky situations.

CRISIS INTERVENTION - **The Trevor Project** (<https://thetrevorproject.org>) is a 24/7 support service that helps LGBTQ+ young people with mental health, crisis situations, and suicide prevention.

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