



Cyberbullying Unplugged



Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging or social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. Even if your child isn't being cyberbullied, remind them that it is everyone's job to prevent bullying and encourage them to take a stand.

Spot It *A child who is being cyberbullied may*



- ▶ Avoid using the Internet
- ▶ Seem stressed when getting an email, text, or other message
- ▶ Withdraw from family and friends
- ▶ Resist attending school and social events
- ▶ Show signs of low self-esteem like depression or fear
- ▶ Have declining grades
- ▶ Stop eating or sleeping
- ▶ In serious cases, consider suicide

Deal With It *If your child is being cyberbullied, teach them to*



- ▶ Not respond
- ▶ Save the evidence

Any online harassment that is sexual in nature should also be reported to Report.CyberTip.org.

If your child is being cyberbullied, you should

- ▶ Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy
- ▶ Talk about the situation with the bully's parent or guardian

Stand Up To It *If your child sees someone being cyberbullied, tell them to*



- ▶ Not forward embarrassing photos or messages
- ▶ Not comment on insulting or harassing posts
- ▶ Report it to the website or app
- ▶ Tell a teacher at school if it involves a classmate
- ▶ Support the victim by being a good friend and showing the cyberbullies they won't join in

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Hostigamiento cibernético



El hostigamiento cibernético es el uso de la tecnología para burlarse de una persona, humillarla, amenazarla y acosarla. Puede realizarse mediante mensajes de texto o medios sociales. Los acosadores cibernéticos pueden enviar comentarios ofensivos, publicar fotografías vergonzosas o compartir información privada acerca de una persona para humillarla y burlarse de ella. Incluso si su hijo no es víctima del hostigamiento cibernético, recuérdelo que evitarlo es responsabilidad de todos y aliéntelo a que se oponga a este tipo de conducta.

Identifique el hostigamiento cibernético



Es posible que un niño que es víctima del hostigamiento cibernético haga lo siguiente:

- ▶ Que evite el uso de internet.
- ▶ Que se vea estresado cuando recibe un correo electrónico, mensaje de texto u otro mensaje.
- ▶ Que se aparte de su familia y sus amigos.
- ▶ Que no quiera asistir a la escuela ni a eventos sociales.
- ▶ Que demuestre signos de baja autoestima, incluso depresión o miedo.
- ▶ Que comience a tener calificaciones más bajas.
- ▶ Que deje de comer o dormir.
- ▶ Que piense en el suicidio, en casos graves.

Cómo Actúe



Si su hijo es víctima del hostigamiento cibernético, enséñele a hacer lo siguiente:

- ▶ No responder.
- ▶ Guardar las pruebas.
- ▶ Cualquier acoso en línea que sea de naturaleza sexual también se debe reportar a Report.CyberTip.org.

Si su hijo es víctima del hostigamiento cibernético, usted debe hacer lo siguiente:

- ▶ Reunirse con los directivos de la escuela para conversar acerca de un plan de acción y de su política de acoso escolar u hostigamiento cibernético.
- ▶ Hablar acerca de la situación con los padres o el tutor del hostigador.

Oponga a este tipo de conducta



Si su hijo ve a alguien que está siendo víctima del hostigamiento cibernético, dígame que haga lo siguiente:

- ▶ Que no reenvíe fotos o mensajes vergonzosos.
- ▶ Que no haga comentarios de fotografías ofensivas o acosadoras.
- ▶ Que denuncie el problema al sitio web o a la aplicación.
- ▶ Que le cuente lo que está sucediendo a una maestra de la escuela, si está involucrado un compañero de clases.
- ▶ Que le brinde su apoyo a la víctima actuando como un buen amigo para demostrarles a los acosadores cibernéticos que no participará en el acoso.

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Uncomfortable Fact

Children are much more likely to be abducted or abused by **someone they know.**

Being a Trusted Adult

This reality can make it hard for children to understand what types of adult behaviors are inappropriate or dangerous. This is compounded when the abuser claims to love the child or is an authority the child has been told to respect.

BUT YOU CAN HELP! As a trusted adult, there are things you can do to demonstrate to children that you are a safe adult.



Respect children's bodies and boundaries

Trusted adults empower children to assert their boundaries and have control of their own bodies from a young age. This means talking about consent early. Children should understand that they can assert their own boundaries and that in turn they need to respect the boundaries of others. For example:

PRACTICE Boundaries

- » "Can I give you a hug?" "I don't really feel like a hug. How about a high five?"
- » "Little brother, it doesn't look like your sister wants tickles right now- look at how she's frowning and looking down. Let's respect her space."
- » "I noticed that you seemed uncomfortable when your coach gave you a hug today. Do you want to talk about it? It's OK to tell him you would prefer a high five."



Listen and respond to children's concerns

When children approach you with safety concerns, it is important to take them seriously, even if they are seemingly small issues. By listening closely and treating the issue thoughtfully you help build confidence in children that they can trust you to help them when in trouble. This also helps empower them to be diligent about their own safety. Role playing can be helpful for children to help them practice being assertive about their boundaries.

PRACTICE Listening and Responding

"Mr. Jones, a girl on the playground grabbed my shirt and stretched it out."

"I'm sorry that happened. Are you OK? Try talking to the girl; let her know what she did and how it affected you. If it happens again, let me know and we will work it out together."

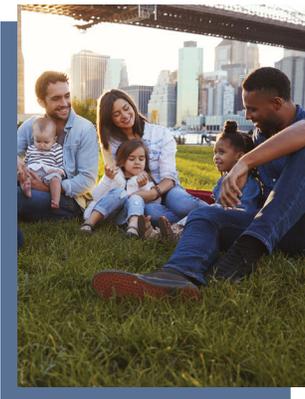


Be an informed resource

It's normal for children to use the internet to look for information about sex, development, and relationships. However, they may not be finding the best or most appropriate information this way. Talking to children openly about healthy relationships and having age appropriate conversations about sexual development will help reduce the risk that they are exposed to unhealthy or unrealistic information online.

PRACTICE Discussing Hard Topics

Abusers are emboldened by the taboo around talking to children about sex and sexual development. Get comfortable with the topics or terms that have made you uncomfortable in the past. Consider saying these words into a mirror, or rehearsing on your own something you want to later address with a child.



Model and explain to other adults

It can be hard to address the subject of child sexual abuse with family and friends, but avoiding these conversations is part of what allows it to continue. When practicing boundaries or listening and responding, be frank with the adults around you about why you are practicing these behaviors with the children in your life.

PRACTICE Modeling and Explaining

"My partner and I are trying to help the kids set their own physical boundaries; we're testing out handshakes versus hugs today. It's hard sometimes, but it's important to help keep them safe from abuse. Kids who have a good understanding of boundaries early on are better prepared to spot and report sexual abuse if it ever happened. We appreciate your support in this effort by not forcing the children to give a hug if they do not want to."

IT'S NOT EASY, BUT IT'S WORTH THE PRACTICE.

It is our shared responsibility to protect children.

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Parental involvement is critical when it comes to helping children game more safely. Take an **active interest** in the games that your child plays and wants to buy; that means **doing a little research** on the game's rating, game-play style, content and age-appropriateness.



Know about the settings and capabilities for the equipment and systems your child uses. For example, many children enjoy gaming on a console as well as a cellphone or tablet. Many platforms have "cross-play" features where people can find and communicate with users across multiple platforms and devices.



Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games, like a friend's house or community center.



Tell your child never to give out personal information while gaming. This includes talking about personal information that might be revealed in a screen name or gaming profile. Remind them never to agree to meet offline with someone they know exclusively through gaming.



Set rules about how long your child may play, what types of games are appropriate, and who else may participate. Use the parental controls when setting up the game system. Look for ways (like a PIN number) to prevent your child from changing the settings.



Have your child check with you before using a credit/debit card online. That means no auto-saving card details on the game console or device.



Check to see if the games your child plays have reporting features or moderators. Review these features with your child. Remember, you can also report inappropriate online interactions with children to [CyberTipline.org](https://www.cybertipline.org)

Start a Discussion with Your Child

- Would you show me how some of your **favorite games** are played? **Could we play together?**
- How do you **respond** if someone bothers you while you are gaming?
- How much do you let people **know about you** while gaming?
- **What kinds** of people do you game with?
- Do you feel **safe** while you are gaming online? **Why or why not?**

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La participación de los padres es crítica cuando se trata de ayudar a los niños a jugar de manera más segura. Tome un interés activo en los juegos que su hijo juega y quiere comprar; eso significa **investigar un poco** sobre la calificación del juego, el estilo del juego, el contenido y si el juego es apropiado para la edad.



Conozca la configuración y las capacidades de los equipos y sistemas que utiliza su hijo/a. Por ejemplo, muchos niños disfrutan jugando en una consola, así como en un teléfono celular o tableta. Muchas plataformas tienen características "cross-play" donde las personas pueden encontrar y comunicarse con los usuarios a través de múltiples plataformas y dispositivos.



Mantenga las consolas de juegos en un lugar fácil de supervisor y ser atento a otros lugares donde su hijo/a pueda acceder a juegos, como la casa de un amigo o el centro comunitario.



Dígale a su hijo/a que nunca dé información personal mientras juega. Esto incluye hablando sobre información personal que podría revelarse en un perfil de juego o nombre de usuario. Recuérdeles que nunca acepten invitación a reunirse en persona con alguien que conocen exclusivamente a través de juegos en línea.



Establezca reglas sobre cuánto tiempo puede jugar su hijo, qué tipos de juegos son apropiados y quién más puede participar. Use los controles parentales cuando configure el sistema del juego. Encuentre formas (como un número PIN) para prevenir que su hijo cambie la configuración.



Haga que su hijo consulte con usted antes de usar una tarjeta de crédito/débito en línea. Eso significa que no hay detalles de la tarjeta guardado automáticamente en la consola de juegos o dispositivo.



Verifique si los juegos que juega su hijo/a tienen funciones de informes o moderadores. Revise estas características con su hijo. Recuerde, también puedes informar interacciones inapropiadas en línea con niños a esp.MissingKids.org/GetHelpNow/CyberTipline.

Comience una Discusión con Su Hijo/a

- ¿Me mostrarías cómo se juegan algunos de tus **juegos favoritos**? ¿Podríamos jugar los dos juntos?
- ¿Cómo **respondes** si alguien te molesta mientras juegas?
- ¿Cuánto dejas que la gente **saben de ti** mientras juegas?
- ¿Con qué clase de gente juegas?
- ¿Se siente **seguro** mientras está jugando en línea? ¿Por qué o por qué no?

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Internet Safety at Home

As adults and children alike have turned to digital tools for school, work, and socialization, **online safety matters now more than ever.**

Here are **five tips** for keeping kids safer online, adapted to fit the current “safer at home” environment.

Tip 1:

Keep the Ground Rules



Even if our online habits have changed significantly, you can still set boundaries that work for your family and schedule. Involving children in setting these rules may help them stick to the guidelines.

Consider:

- Distance learning tasks **before** social media or gaming
- **No devices** during meals
- At least ___ **minutes** of non-electronic activities per day
- **“Digital curfew”**: no devices after a certain hour

Tip 2:

Modify How You Monitor



Even the strictest monitoring programs and content blockers can't ensure that children are totally protected online. The best tools for keeping kids safe are time, attention and active conversation about digital behaviors.

Consider: Setting up **workstations** for children and teens that provide **quick visual access** to the screens for **easy check-ins** from parents/caretakers as they telework or complete household tasks.

Tip 3:

Engage with the Platforms

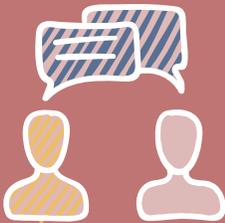


Take advantage of this time at home and online to get more familiar with the technology platforms your child likes to use. Taking a genuine interest in the games and platforms your child enjoys will help you better understand what your child is doing online.

Consider: If you're teleworking, **take a short break** to join your child on a round on the **game console**, or forward a funny **meme or video** you saw on one of the social media channels they use. It's a quick way to show you're willing and able to be **involved** in your child's online life.

Tip 4:

Chat IRL



Chat "in real life" with your children. With our social lives being conducted entirely online these days, it's important to have face-to-face discussions about how children and teens are maintaining healthy relationships online, and to give them opportunities to also talk about anything unhealthy or uncomfortable happening to them online.

Consider: Showing that you're willing to **listen and respond calmly**, even if what you hear is uncomfortable or troubling.

Tip 5:

Don't Take the Tech



Taking away internet access because a child has made a mistake online rarely solves the problem. Taking access away during a lockdown would likely do far more harm than good. Beyond affecting a child's ability to complete distance-learning tasks, it would all but completely isolate them from friends and other family; a support system that is essential right now. Find ways to give consequences that don't involve removing online access entirely.

Consider: If you must, **limit access** (shorter window for digital socializing, gaming, restricted use to certain public areas of the house, etc.) **rather than** removing it entirely.

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Seguridad en Internet a Casa

Ahora que tanto adultos y niños han recurrido a los recursos digitales para la escuela, el trabajo y la socialización, la seguridad en línea ahora es más importante que nunca.

Aquí hay cinco consejos para mantener a los niños más seguros en línea, adaptados para adaptarse al entorno actual “más seguro en casa”.

Consejo 1:

Mantenga las reglas básicas



Aunque nuestros hábitos en línea han cambiado significativamente, todavía puedes establecer límites que funcionen para su familia y su horario. Involucrar a los niños en el establecimiento de estas reglas puede ayudarlos a cumplir con las pautas.

Por ejemplo:

- Tareas de aprendizaje a distancia antes de las redes sociales o los juegos
- No hay dispositivos durante las comidas
- Al menos ___ minutos de actividades no electrónicas por día
- “Toque de queda digital”: no hay dispositivos después de una hora determinada

Consejo 2:

Modifique cómo monitorea



Incluyendo los más estrictos programas de monitoreo y bloqueadores de contenido no pueden garantizar que los niños estén totalmente protegidos en línea. Las mejores herramientas para mantener a los niños seguros son el tiempo, la atención y la conversación activa sobre los comportamientos digitales.

Considere configurar estaciones de trabajo para niños y adolescentes que brinden acceso visual rápido a las pantallas que los niños están usando para que los padres / cuidadores puedan registrarse fácilmente mientras el trabajo o en casa.

Consejo 3:

Interactuar con las plataformas

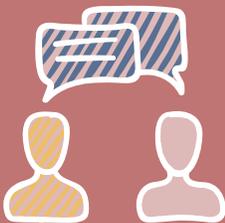


Aproveche este tiempo en casa y en línea para familiarizarse con las plataformas tecnológicas que su hijo le gusta usar. Teniendo un interés genuino en los juegos y plataformas que le gustan a su hijo lo ayudará a comprender mejor lo que hace su hijo en línea.

Si estás teletrabajando, considera tomando un descanso breve para unirse a su hijo para un partido en la consola de juegos, o reenviar una imagen o video divertido que has visto en una de las redes sociales que usa su hijo. Es una manera fácil de demostrar que usted está dispuesto y capaz de participar en la vida en línea de su hijo.

Consejo 4:

Hablar sobre el bienestar en línea



Chatea “en la vida real” con tus hijos. Con nuestras vidas sociales que se llevan a cabo totalmente en línea en estos días, es importante tener discusiones cara a cara acerca de cómo los niños y adolescentes están manteniendo relaciones saludables en línea, y darles la oportunidad de hablar también sobre cualquier cosa insalubre o incómoda que les pasa en línea.

Mostrar que usted está dispuesto a escuchar y responder con calma, aunque si lo que oyes te incomoda o le molesta.

Consejo 5:

No te lles la tecnología



Quitar el acceso a Internet porque un niño ha cometido un error en línea rara vez resuelve el problema, y quitar el acceso durante el cierre de emergencia probablemente haría mucho más daño que bien. Además de afectar la capacidad de un niño para completar tareas de aprendizaje a distancia, los aislaría casi completamente de amigos y otros familiares; un sistema de apoyo es esencial en este momento. Encuentre maneras de dar consecuencias que no impliquen eliminar el acceso en línea por completo.

Si es necesario, considere limitar el acceso (ventana más corta para la socialización digital y juegos, uso restringido a ciertas áreas públicas de la casa, etc.) en lugar de eliminarlo por completo.

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NCMEC RESOURCES FOR
**CHILD SEXUAL
EXPLOITATION** &
SURVIVORS
THEIR FAMILIES

NCMEC is here to help survivors and families impacted by online child sexual exploitation. Our team can provide free assistance and support by discussing legal issues, providing counseling recommendations, identifying community support and offering guidance on removing child sexual exploitation content from the Internet.

Seek counseling and community resources

NCMEC provides assistance to families who need help coping with a missing or sexually exploited child. We offer crisis intervention to families as well as local referrals to appropriate professionals for longer-term support.



Find family support

NCMEC has a network of trained parent volunteers who have been impacted by the sexual exploitation of a child and can provide guidance and support to families in similar situations.



Remove images, videos, and comments online

NCMEC works closely with technology industry partners to help reduce child sexual exploitation images that circulate on the Internet and stop the posting of harassing online comments. We also can share resources, guidance, and tools to help you remove child sexual exploitation photos and videos from the Internet.



Locate an attorney to help you understand your legal rights and pursue monetary restitution

A child whose sexually exploitative photos are shared online has a legal right to seek monetary restitution from all offenders who create, share, or possess these images. Because the process to seek monetary restitution is complex and often confusing, it is helpful for you to have an attorney when you navigate the legal system. NCMEC can talk you through these legal issues and help find an attorney who will work on your behalf.

To reach out to a member of NCMEC's team for assistance, please email familysupport@ncmec.org or call 1-877-446-2632 ext. 6117

PARENTS' GUIDE TO SMARTPHONE SAFETY

SMART OR SCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.



THE RISKS

- **CYBERBULLYING**
With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.
- **GEOLOCATION**
A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.
- **INAPPROPRIATE CONTENT**
With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.
- **SEXTING**
Your child may use the Internet and social apps to send, receive, or forward revealing photos.
- **VIRUSES & MALWARE**
Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

5WAYS TO BE SMARTER THAN THE SMARTPHONE!

1. **Be a parent and a resource.**
Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.
2. **Set up smart security.**
Smartphones today include a variety of security mechanisms including fingerprint scans, facial recognition and password locks. Enable these to protect access to the phone as well as apps with sensitive data.
3. **Update the operating system.**
New versions often contain important security fixes.
4. **Approve apps before they are downloaded.**
Make sure you understand their capabilities and approve their content.
5. **Understand location services.**
GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

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GUÍA PARA PADRES ACERCA DEL USO SEGURO DE SMART PHONES

¿INTELIGENTE O ATERRADOR?

Los smartphones (teléfonos inteligentes) son básicamente computadoras pequeñas; por lo tanto, es posible que le preocupe un poco darle uno a su hijo. Dedique tiempo a comprender cuáles son los riesgos e implemente algunas medidas de protección para ayudar a que su hijo use los smartphones de manera segura.



LOS RIESGOS

- **HOSTIGAMIENTO CIBERNÉTICO**
Debido a la conectividad constante que ofrecen los smartphones, es posible que su hijo sea más susceptible al hostigamiento cibernético o que tenga más oportunidades de ejercerlo sobre otros.
- **GEOLOCALIZACIÓN**
Un smartphone con GPS activado puede revelar la ubicación de su hijo a través de publicaciones en Internet o fotografías cargadas.
- **CONTENIDOS INAPROPIADOS**
A través de un smartphone, su hijo tiene acceso móvil a contenidos que usted puede considerar inapropiados, como pornografía o videos violentos.
- **SEXTING**
Es posible que su hijo use Internet y aplicaciones sociales para enviar, recibir o reenviar fotografías provocativas.
- **VIRUS Y MALWARE**
Al igual que una computadora, un smartphone es vulnerable a ataques de seguridad si su hijo accede a sitios web o aplicaciones inseguros.

¡5 FORMAS DE SER MÁS INTELIGENTE QUE EL SMARTPHONE!

- 1. Sea un padre y un recurso.**
Establezca pautas claras, incluidos límites de tiempo y consecuencias para los comportamientos inadecuados, pero tenga una actitud abierta para que su hijo acuda a usted si tiene un problema.
- 2. Configurar seguridad inteligente.**
Los teléfonos de hoy incluyen una variedad de mecanismos de seguridad que incluyen escaneos de huellas digitales, reconocimiento facial y bloqueos de contraseña. Habilítelos para proteger el acceso al teléfono y a las aplicaciones con datos confidenciales.
- 3. Actualice el sistema operativo.**
A menudo las nuevas versiones incluyen importantes parches de seguridad.
- 4. Apruebe las aplicaciones antes de que las descarguen.**
Asegúrese de que comprende las capacidades y evalúe su contenido.
- 5. Comprenda los servicios de localización.**
Las características del GPS son útiles cuando utiliza mapas, pero le conviene desactivar las etiquetas de localización cuando su hijo publica algo en Internet.

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PROTECTING YOUR KIDS ONLINE 2.0

CONNECT

Set some ground rules.

Establish clear guidelines like what types of sites kids can visit, apps they can download, and when they can have access to electronics. Consider “blackout” periods that require disconnection.

Research before you buy.

It’s important to learn about a device’s capabilities before you buy. Will it allow unknown people to communicate with my child? Will this allow children to make unchecked purchases?

Go beyond safeguards.

Installing monitoring software doesn’t guarantee your child will be safe online. Time, attention and active conversation are the best tools to protect them.

REPORT!

If your kids are dealing with cyberbullies or potential online enticement, report it to the website, cell phone provider, law enforcement or CyberTipline.org

LEARN

Know the platforms.

Online enticement happens across all platforms, so be aware of the sites, games and apps your children frequent. Ask them to show you how they use them.

Be proactive.

Teach your kids to spot common tricks used by online offenders. In NCMEC CyberTipline reports, the most common tactics used to entice a child online were:

- Engaging the child in sexual conversation/roleplay as a grooming method.
- Directly asking the child for sexually explicit images of themselves, or offering to mutually exchange images.
- Developing a rapport with the child through compliments and other supportive behaviors such as “liking” their online posts.
- Sending unprompted sexually explicit images of themselves.
- Pretending to be younger.
- Offering incentives for explicit content.

Spot the Red Flags.

A child who is experiencing online enticement may be:

- Spending increasing time online.
- Getting upset when he or she is not allowed on their device.
- Taking extra steps to conceal what they are doing online.
- Receiving gifts from people you don’t know.

ENGAGE

Talk about it!

Your kids might not tell you everything, but ask anyway. Regular conversations about safety can go a long way in increasing trust and communication.

Get involved.

Challenge them to a duel. If you have kids who like to play online games, ask if you can play, too. When you respect their interests, they’re more likely to respect your rules.

Don’t pull the plug.

Taking away internet access because they may have made mistakes online doesn’t solve the problem. Talk to them about protecting themselves and respecting others online.

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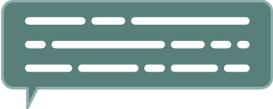
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Sextortion:

What Parents Should Know



You've likely heard of sexting – sharing and receiving sexually explicit messages and nude or partially nude images by text or through an app. Though sexting can be part of normal adolescent sexual development, there are also risks, particularly **sextortion**.

Sextortion: A type of blackmail used by offenders to acquire additional sexual content from the child, coerce them into engaging in sexual activity, or to obtain money from the child.

Who Are the Perpetrators?

Often, victims know their extorters. They are current or former romantic partners. They may hold an initial sexual image that was sent intentionally by the victim and are now using it to get more content; threatening to spread the picture to friends and family if the victim does not comply.

60%

of the time, the blackmailer is known to the victim.

Other times, the offender was met online. This could be a lone-actor or a coordinated group of extorters who work together to target and elicit explicit content from their victims. This type of extorter may request additional content (often of an increasingly explicit nature) or money.



How Does it Happen?

Sextortion can happen at the hands of both **peers** and **unknown**, online offenders.

When It's an **Unknown** Offender

Approach

Offenders often approach a child on social media after using it to learn about the child's interests, friends, school, family, etc.

Move platforms

It is common for offenders to make initial contact with a victim on one platform, then ask them to move to a second or third platform, usually those with encrypted messaging systems in order to make tracking their crime more difficult.

Coerce

This includes using tactics like:

- » Initially offering something of value such as money or drugs in exchange for a sexual image
- » Pretending to work for a modeling agency
- » Developing a false rapport with the child
- » Secretly recording explicit videos/ messages during chats
- » Threatening to physically assault the child or his/her family
- » Using multiple identities to contact the child
- » Pretending to be younger and/or a member of the opposite sex
- » Hacking accounts to steal sexual images, or
- » Threatening to commit suicide if no images are sent

VS

When It's Someone **Known**

Acquire the Image

Often, the extorter is an ex-romantic partner who may have received the image deliberately from the victim while involved in a relationship.

Threaten

The extorter may use the threat of spreading the image to force the victim into staying in/ returning to the relationship after it has ended, or to acquire additional sexual content.

Persist

The harassment rarely stops if a victim complies with the extorter's demands.



What Can I Do About It?

Talk About Technology

Children should grow up expecting that their parents are a part of their digital lives. Regular check-ins about their online interactions should be the norm. Include children in setting rules and limits for their tech-time.

Talk About Sexuality and Relationships

Talking about your family's expectations and values regarding sex and relationships is an important first step. These conversations should happen regularly. Be sure to discuss the characteristics of healthy relationships, such as having and respecting boundaries and practicing consent. Explain that both pressuring someone and being pressured into sexual behaviors that are uncomfortable or unsafe are NOT OK. Similarly, help children understand that they should never forward sexts they may receive from others. Limiting the image's spread reduces the risk of it falling into dangerous hands.



What do you think you'd do if you got forwarded a nude?

I'm not sure...

It's simple. Delete it.
It wasn't intended for you.
Don't share it.



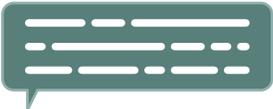
NetSmartz[®]

For more resources, visit MissingKids.org/NetSmartz

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Sextorsión:



Lo que los padres deben saber



Probablemente has oído hablar de sexting - compartir y recibir mensajes sexualmente explícitos e imágenes de desnudos o parcialmente desnudos por texto o a través de una aplicación. Aunque el sexting puede ser parte del desarrollo sexual normal de los adolescentes, también hay riesgos, particularmente el sextorsión.

Sextorsión: Un tipo de chantaje utilizado por los delincuentes para adquirir contenido sexual adicional del niño, obligarlos a participar en actividades sexuales u obtener dinero del niño.

¿Quiénes son los perpetradores?

Muchas veces las víctimas conocen a sus extorsionadores. Son parejas románticas actuales o anteriores. Pueden guardar una imagen sexual que fue inicialmente enviada por la víctima intencionalmente, pero ahora la están usando para obtener más contenido; amenazando con enviar la imagen a amigos y familiares si la víctima no cumple.



60%

por ciento de las veces que la víctima conoce al chantajista.

Otras veces, el agresor se reunía en línea. Esto podría ser un actor solitario o un grupo coordinado de extorsionadores que trabajan juntos para atacar y obtener contenido explícito de sus víctimas. Este tipo de extorsión puede solicitar contenido adicional (muchas veces de naturaleza cada vez más explícita) o dinero.



¿Cómo ocurre?

La sextorsión puede ser cometida tanto por **compañeros** como por agresores en línea **desconocidos**.

Quando es un perpetrador desconocido

El enfoque

Muchas veces los agresores acercan a un niño en las redes sociales después de usarlo para aprender sobre los intereses del niño, amigos, escuela, familia, etc.

Mover plataformas

Es común que los agresores hagan contacto inicial con una víctima en una plataforma y luego les pidan que se muevan a una segunda o tercera plataforma, generalmente aquellas con sistemas de mensajería encriptada para hacer más difícil el seguimiento de su delito.

Obligar

Esto incluye el uso de tácticas como:

- » Inicialmente ofreciendo algo de valor como dinero o drogas a cambio de una imagen sexual
- » Grabar videos/ mensajes explícitos en secreto durante los chats
- » Pretendiendo ser más joven y/o un miembro del sexo opuesto
- » Pretendiendo trabajar para una agencia de modelos
- » Amenazar con agredir físicamente al niño o su familia.
- » Hackear cuentas para robar imágenes sexuales o
- » Desarrollar una falsa relación con un niño
- » Usar múltiples identidades para contactar al niño
- » Amenazar con suicidarse si no se envían imágenes

VS

Quando es alguien conocido

Adquirir la imagen

Muchas veces, el extorsionador es un ex-compañero romántico que puede haber recibido la imagen deliberadamente de la víctima mientras estaba involucrado en una relación.

Amenazar

El extorsionador puede utilizar la amenaza de difundir la imagen para forzar a la víctima a permanecer en/ volver a la relación después de que haya terminado, o para adquirir contenido sexual adicional.

Persistir

El acoso rara vez se detiene si una víctima cumple con las demandas del extorsionador.



Qué puedo hacer yo?

Hablar de tecnología

Los niños deben crecer esperando que sus padres formen parte de su vida digital. Los controles regulares sobre sus interacciones en línea deberían ser la norma. Incluya a los niños en el establecimiento de reglas y límites para su tiempo de tecnología.

Hablar sobre sexualidad y relaciones.

Hablando sobre las expectativas y los valores de su familia con respecto al sexo y las relaciones es un primer paso importante. Estas conversaciones deben ocurrir con regularidad. Asegúrese de discutir las características de las relaciones saludables, como tener y respetar límites y practicar el consentimiento. Explique que no está bien presionar a alguien y ser presionado a tener comportamientos sexuales que sean incómodos o inseguros. De manera similar, ayude a los niños a comprender que nunca deben reenviar mensajes de texto que puedan recibir de otros. Limitar la difusión de la imagen reduce el riesgo de que caiga en manos peligrosas.



¿Qué crees que harías si te enviaran un desnudo?

No estoy seguro...

Es simple. Bórralo.
No fue para ti.
No lo compartas.



NetSmartz

Para obtener más recursos, visite esp.MissingKids.org/NetSmartz

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Reconnecting

with

Your Child

Building Relationships After
Suspected Sexual Exploitation



This project was supported by:

American Legion
Child Welfare Foundation



Be Patient



What do I do first?

Listen, comfort, be patient. You want answers and information, but your child needs to feel safe and protected first.

What is OK for me to say?

I'm glad you're here. I'm happy to see you. I'm ready to listen.

How do I get my child to talk about what happened?

Avoid "why" questions which may sound like blame. You want to know what happened and help your child now. Finding out "why" can wait.

What does my child need?

Try asking your child how you can help them. Trauma is a person's response to a deeply upsetting event, and they may be figuring out how to sort through many feelings and don't want to talk about what happened. Trauma may show up as confusion, anger or worry. Be patient and supportive. Give them choices during conversations.

How do I find out what happened?

Try not to question over and over. Let them have control when possible. Details may be difficult to hear, and you may be very angry. These feelings may be hard to hide, but try not to show them when talking with your child. Remind them that none of this was their fault. Protect and comfort your child when you can.

DO



Be Patient



Ask "what"



Listen

DON'T



Push for Answers



Ask "why"



Interrogate

Learn



What is sexual exploitation?

Sexual exploitation is the abuse of a child through sexual acts and may include child sexual molestation, online enticement of children, taking photos/videos of sexual abuse, sending or posting photos/videos of sexual acts without permission, or the exchange of sex for something like food, shelter, or drugs.

What do I need to know?

Learn what makes children vulnerable to sexual exploitation. **MissingKids.org** may be a good place to start. You can also reach out to the National Center for Missing & Exploited Children's Team HOPE, a network of peer support volunteers who have similar experiences and can help you through this journey. Call **866-305-HOPE (4673)** to talk to a Team HOPE member.

What is the connection between sexual exploitation and children running away from home?

When children are missing, they often need help finding food, shelter and protection. At NCMEC, we see kids at risk for many things while trying to meet those needs. Sexual exploitation, self-harm, recruitment into gangs or child sex trafficking, and drug and/or alcohol abuse are a few.

How does this happen?

Children can be preyed on by people seeking to exploit them. Exploitation can also happen when kids seek love, affection and acceptance. Children are especially vulnerable due to their age and dependency on others. They are also naturally curious to meet new people and try new things. For older children and adolescents, this curiosity is combined with a desire for more independence. People who want to exploit children will manipulate and take advantage of these needs by targeting and tricking them.

DO



Learn



Think

DON'T



Punish
First



Assume

Connect



How do I deal with this situation?

Moving forward isn't quick and it's not easy, but you can heal. Take everything moment by moment, piece by piece. Ask for help and know you aren't alone.

Who is there for our family to rely on?

Find people focused on supporting you and your child. NCMEC provides support for victims and their families. To learn more about these services email familysupport@ncmec.org for help or call **1-800-843-5678**. NCMEC can help connect you with therapists who are trained to look for troubling behaviors and help families figure out how to focus, communicate and heal.

How do I connect with my child again?

Try not to rush or force connection. Be ready to listen, learn and love unconditionally. Trust your gut; you know your child best and when something is wrong.

What if I feel lost, in shock or angry about what happened?

Shock and anger are normal, expected, and tough to deal with. Being honest with yourself and your loved ones is important. Focus on today - tomorrow will come.

What if I need support?

Something traumatic has happened to your family. It is hard to take care of yourself when you are taking care of others. Try to find family and friends who can help. Talk to someone so you don't feel alone.

What should I expect from my child?

Your child may seem different. Maybe you can't really figure out why, but you know something's changed. Children sometimes don't know how to talk about their trauma, so instead of words, they use behaviors. For children who have been sexually exploited, sudden emotion, confusion and worry are common reactions. A trauma response can also be physical, like a racing heart, tight chest or sweat. If you see these, figure out what happened just before that was upsetting. Then you might be able to identify "triggers" and predict situations that may cause these uncomfortable reactions again in the future. Look for what's changed and seek professionals who can help with communication and focus.

DO



Rely on
Others



Move
Forward

DON'T



Soldier
on Alone



Get Stuck

Reassure

How do I help my child?

Ask what your child needs and be honest when you don't have the answers. Make sure your child knows they matter, and you stand behind them no matter what. Give your child choices and a sense of control when possible. There are also many support programs that have sexual exploitation survivors as leaders and group sessions are used to help youth feel like they aren't alone. If you need help finding where to start, NCMEC's Family Advocacy Division may be able to help: [MissingKids.org/ourwork/support](https://www.missingkids.org/ourwork/support)



What do I do when my child needs specialized help?

A child who has been exploited may show increased anger, frustration, depression/anxiety, or use of drugs and alcohol. They may also want to hurt themselves or others. Pay attention to any changes in behavior and know when to ask for professional help. Search for a provider you feel comfortable with and ask them about their experience helping children who have been sexually exploited.

What if I don't fully know what happened?

Information may come in pieces and you may still feel lost and confused. Make sure you are ready to listen only. When you need to ask questions, make sure they are gentle and supportive. Explain to your child that law enforcement and therapists need to know everything so they can help.

What if my child refuses to open up or accept the help that's being offered?

With time and compassion, your child may change their mind. Be the person that never gives up on your child. NCMEC can help you make a plan for connection and communication with your child. Call **1-800-843-5678** to reach NCMEC's Family Advocacy Division.

What can we do together?

Fight for justice, healing and support. If your child's images/videos were shared online, they have rights. NCMEC can help get these images removed – go to [MissingKids.org/gethelpnow](https://www.missingkids.org/gethelpnow) for assistance. You are an important piece of your child's recovery, and they need you now more than ever.

DO



Adapt



Reassure

DON'T



Stay in the Past



Blame



Do's and Don'ts for Connecting with a Child After Trauma

DO

 Adapt	 Ask "what"	 Be Patient
 Learn	 Listen	 Move Forward
 Reassure	 Rely on Others	 Think

DON'T

 Ask "why"	 Assume	 Blame
 Get Stuck	 Interrogate	 Punish First
 Push for Answers	 Soldier on Alone	 Stay in the Past



Hope is why we're here.

For more information, please visit **MissingKids.org**
or call **1-800-THE-LOST® (1-800-843-5678)**

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Take **It** Down

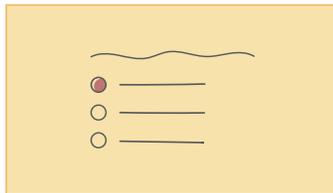
Having nudes online is scary,
but there is hope to get it
taken down.

Take It Down is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old.

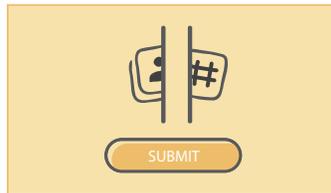


Here's how it works:

Visit TaketItDown.NCMEC.org and click on "Get Started".



Answer a few simple questions.



Select the image or video on your device that you're concerned about.



Take It Down will assign a unique digital fingerprint, called a hash value, to the image or video.



The hash will be shared with participating online platforms that can use it to detect copies of these images or videos on their services and take action to remove the content or limit the spread. This all happens without the image or video ever leaving your device or anyone viewing it, and you don't have to share any personal information.



Remember, losing control of your image could happen to anyone, and you're not alone. **For more information about how NCMEC can help, visit**

TaketItDown.NCMEC.org

Service operated by



Take **It** Down

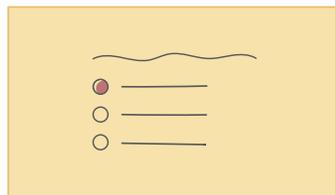
Tener desnudos en línea da miedo , pero hay esperanza de que sean removidos-taken down.

Take It Down es un servicio gratuito que puede ayudarte a eliminar o detener el intercambio en línea de imágenes o videos desnudos, parcialmente desnudos o sexualmente explícitos que fueran tomados antes de que cumplieras los 18 años.

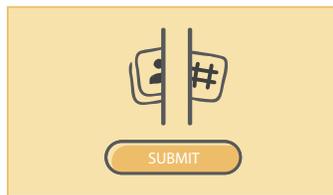


Así es como funciona:

Visita TakeItDown.NCMEC.org y has clic en "Comenzar".



Responde algunas preguntas simples.



Selecciona la imagen o el video que te preocupa en tu dispositivo.



Take It Down funciona mediante la asignación de una huella digital única, llamada valor hash, a una imagen o video.



El valor hash se comparte con las plataformas en línea participantes para que puedan detectar esta imagen o video en sus servicios y eliminar este contenido o limitar su circulación. Todo esto sucede sin que la imagen o el video salgan de tu dispositivo o sin que alguien lo vea y no tienes que compartir ninguna información personal.



Recuerda, perder el control de una imagen le puede pasar a cualquiera, pero no estás solo. Para obtener más información sobre cómo NCMEC puede ayudar, visita

YoDecido.NCMEC.org

Servicio operado por



THINK BEFORE YOU SEND

NetSmartz®



THINK ABOUT THE CONSEQUENCES

of taking, sending, or forwarding a sexual picture of someone else, even if it's of you. You could face embarrassment at school or home, and in some cases, even a police investigation.



NEVER TAKE

images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employer—to see.



BEFORE HITTING SEND

remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends' friends, and so on...



IF YOU FORWARD

a sexual picture of someone without their consent, you are violating their trust and exposing them to potential ridicule. It's not up to you to decide who should see their body, so don't forward the image to anyone.



IF ANYONE PRESSURES

you to send a sexual picture, don't give in and talk to an adult you trust. Remember that anyone who tries to get you to do something you are uncomfortable with is probably not trustworthy.



If explicit content of you or someone you know is online, visit [MissingKids.org/GetHelpNow](https://www.missingkids.org/GetHelpNow) to learn how to contact various online platforms about removing your content.

Report explicit online content to [CyberTipline.org](https://www.cyberTipline.org).

PIENSA ANTES DE ENVIAR

NetSmartz®



PIENSA EN LAS CONSECUENCIAS

de tomar, enviar o reenviar una fotografía con contenido sexual de otra persona, incluso si es tuya. Podrías enfrentarte a humillación, perder oportunidades educativas e incluso ser objeto de una investigación policial.



NUNCA TOMES

imágenes de ti mismo que no querrías que todos (tus compañeros de clase, tus profesores, tu familia o tu empleador) vieran.



ANTES DE ENVIAR ALGO

recuerda que no puedes controlar a dónde puede llegar. Lo que le envías a un novio o una novia podría terminar fácilmente entre sus amigos y los amigos de sus amigos, y así sucesivamente...



SI REENVÍAS

una fotografía con contenido sexual de alguien sin su consentimiento, estás violando su confianza y exponiéndolos a un posible ridículo. No eres tú el que decide quién debería ver su cuerpo, así que no reenvíes la imagen a nadie.



SI ALGUIEN TE PRESIONA

para que envíes una fotografía con contenido sexual, no cedas y habla con un adulto en el que confíes. Recuerda que alguien que intenta conseguir que hagas algo con lo que no te sientes cómodo, probablemente no es de confianza.



Si el contenido explícito de usted o alguien que conoce está en línea, visite [MissingKids.org/GetHelpNow](https://www.missingkids.org/GetHelpNow) para aprender cómo ponerse en contacto con varias plataformas en línea para eliminar su contenido.

Reporte contenido explícito en línea a [Report.Cybertip.org](https://www.report.cybertip.org).



SOCIAL MEDIA SAFETY FOR TEENS

THE FOLLOWING CHECKLIST CAN HELP YOU TAKE STEPS TO KEEP YOURSELF SAFER ONLINE.

- **CHECK YOUR COMMENTS AND IMAGES.**
Have you posted anything inappropriate or illegal, like threats, nudity, alcohol, or drugs?
- **TALK TO YOUR FRIENDS ABOUT WHAT'S OK TO POST.**
Agree that you won't post embarrassing or hurtful comments or images of each other. Be clear that you'll delete – or if needed, report – any posts that are inappropriate, illegal, threatening, or could get you in trouble.
- **REVIEW YOUR ACCOUNT SETTINGS.**
Always ask yourself – what is on my profile and who can see it?
- **KNOW YOUR FRIENDS, CONTACTS, AND FOLLOWERS.**
These are the people who can see, share, and comment on what you post so you want to be sure you can trust them. Block and report anyone who makes harassing, threatening, or inappropriate comments.
- **KEEP AN EYE ON 3RD PARTY AND CONNECTED APPS.**
Some of these will allow you to log into one app using account information from another. Be careful, as this may allow the company access to your profile information.
- **DON'T FORGET MOBILE.**
When you use mobile devices like smartphones and tablets to post something or check in, you could also be sharing your location. Check your settings to make sure you're only sharing what you want to.
- **REPORT.**
You have the right to be safe online. If anyone cyberbullies you, make a report to the website or app. If anyone shares or asks you to share sexual messages or images, make a report to CyberTipline.org.

A program of the



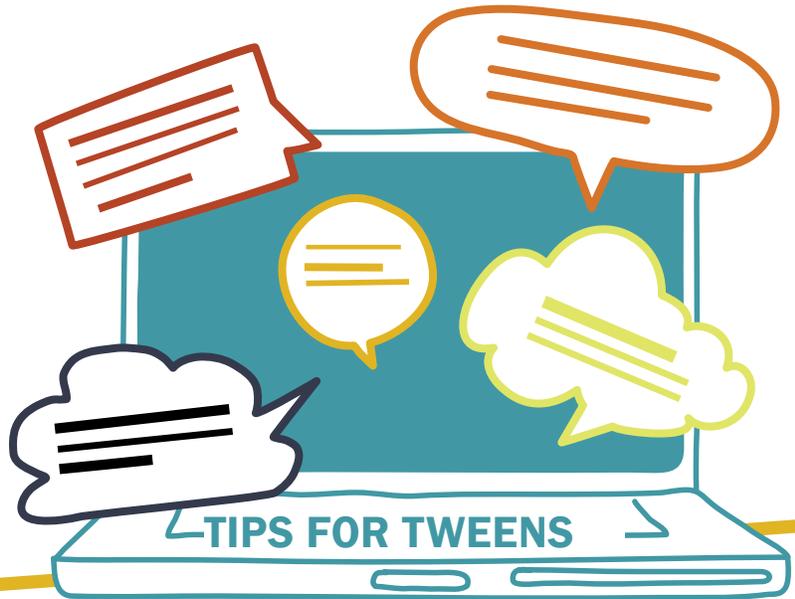
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**MISSING &
EXPLOITED**
CHILDREN®

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Missing & Exploited
Children. All rights
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For more resources visit Missingkids.org/NetSmartz/Resources.

YOUR NETSMARTZ



CYBERBULLYING

Don't be mean.

Gossiping doesn't make you cool.

Ignore. Block. Tell.

Ignore mean or threatening messages, block the sender, and tell a trusted adult who can help you report them.

Speak up

if your friends are cyberbullying someone.



ONLINE PREDATORS

Recognize the difference between cute and creepy.

An older guy who wants to date someone much younger is just creepy

Don't just sit there - REPORT

anyone who asks to meet you in person to the police and CyberTipline.org.



SHARING TOO MUCH

Avoid TMI.

Don't post anything too personal or embarrassing.

Protect your space.

Use privacy settings and don't accept just anyone as a friend.



TRUSTED ADULTS

Talk to your parents or guardians

about what you're doing online. They're not as bad as you think.

For more resources visit
Missingkids.org/NetSmartz/Resources.

CONSEJOS DE NETSMARTZ



PARA PREADOLESCENTES

HOSTIGAMIENTO CIBERNÉTICO

No seas malo.

Divulgar chismes no te hace una persona genial.

Ignora. Bloquea. Cuenta.

Ignora mensajes ofensivos o amenazadores, bloquea al remitente y cuéntale a un adulto de confianza que pueda ayudarte a denunciarlo.

Habla con un adulto

si tus amigos están hostigando cibernéticamente a alguien.

PREDADORES EN LÍNEA

Reconoce la diferencia entre bonito y repulsivo.

Un hombre mayor que desea salir con alguien mucho menor es simplemente repulsivo.

No te quedes sin hacer nada: DENUNCIA

a la policía y en Cybertipline.org a toda persona que te pida conocerte en persona.

COMPARTIR DEMASIADA INFORMACIÓN

Evita compartir demasiada información.

No publiques nada demasiado personal o vergonzoso.

Protege tu espacio.

Usa las configuraciones de privacidad y no aceptes a cualquier persona como amigo.

ADULTOS DE CONFIANZA

Habla con tus padres o tutores

sobre lo que haces en línea. Ellos no son tan malos como tú crees.

Para obtener más recursos, visite Missingkids.org/NetSmartz/Resources.



MAYBE YOU FELL IN LOVE.



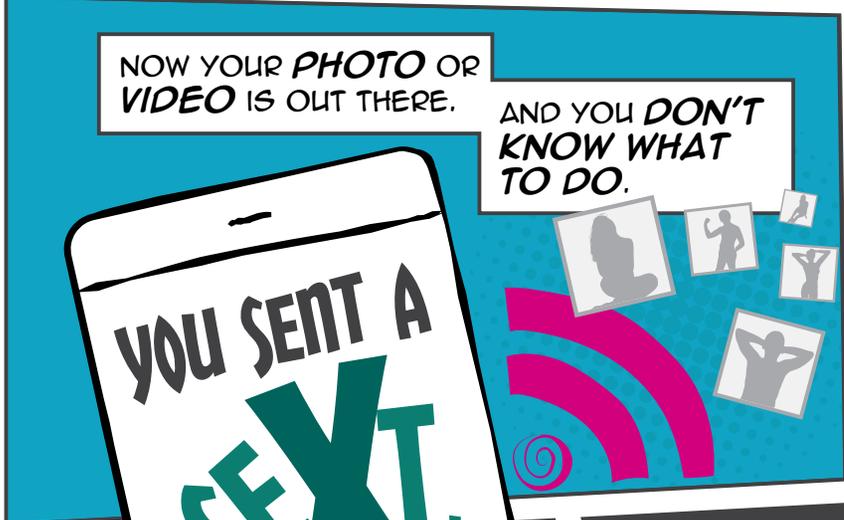
MAYBE IT WAS A JOKE OR DARE.



MAYBE IT FELT LIKE YOU DIDN'T HAVE A CHOICE AT ALL.

NO MATTER WHY YOU DECIDED TO SEXT, YOU PROBABLY THOUGHT THAT IT WOULD **STAY PRIVATE**.

ONLY IT DIDN'T.

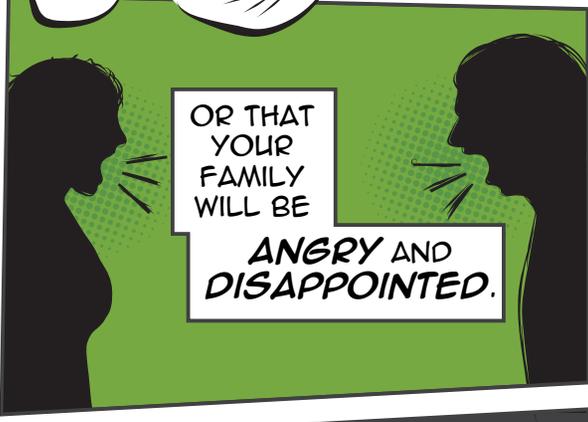


NOW YOUR **PHOTO** OR **VIDEO** IS OUT THERE.

AND YOU **DON'T KNOW WHAT TO DO.**



YOU MAY BE WORRIED THAT PEERS WHO SEE IT WILL **JUDGE** AND **BULLY** YOU,



OR THAT YOUR FAMILY WILL BE **ANGRY** AND **DISAPPOINTED.**

YOU MAY FEEL LIKE THERE'S NOTHING YOU CAN DO TO ESCAPE THIS SITUATION.

BUT THAT'S NOT TRUE!

WHILE YOU CAN'T GET YOUR IMAGE BACK, YOU CAN TAKE STEPS TO:

- ★ GET IT REMOVED FROM WEBSITES.
- ★ HELP STOP IT FROM SPREADING.
- ★ GET EMOTIONAL SUPPORT.
- ★ DEAL WITH BULLIES.

TAKE CONTROL OF THE SITUATION AND YOUR LIFE AGAIN

USE THESE TIPS

REPORT

This is one of the best ways to stop your image from spreading if it is on a website/app or being shared without your consent.

REPORT IT:

- **To the website or app.**

Trustworthy websites/apps work hard to keep off sexual images of minors and will remove them if notified. You can also report anyone who is posting or sharing images of you. For more information about reporting to popular websites/apps, visit [MissingKids.org/GetHelpNow](https://www.missingkids.org/GetHelpNow).

- **To CyberTipline.org.**

This tipline can connect you with the experts best suited to work on your case. They may contact the website or the police, or reach out to you for more details. You can report without sharing your name and can even make a report for a friend if they need help.

- **To the police.**

They can help stop your image from spreading by working with websites/apps and talking to the people sharing it. You should know if the police get involved, you could face some consequences, too. It's illegal to share sexual images of minors even if they are of you. You may not be charged with a crime, but you may have to attend classes or complete community service.

- **To a teacher.**

If your pictures are being shared around school, your teachers and school administrators can help stop it by making clear there are consequences for sharing them.

GET SUPPORT

One of the worst things about a sexting incident is feeling like you're facing everything alone. But you have people who care for you and want to help. Talk to them!

- **Your friends** can stand up for you by refusing to forward the image and making it clear that it's not cool to share the image or bully you.
- **A trusted adult** can offer advice, help you report, and help you deal with other complicated things. It could be your mom, dad, an aunt, a school counselor, or anyone you trust and are comfortable talking to.
- **Teachers** can remind your classmates and peers about your school's rules and codes on bullying and help put a stop to any bullying behavior.
- If you feel that your school is ignoring the bullying, ask your **mom, dad, or guardian** for help. They can champion your case at your school, with your teachers, and other adults.

DON'T GIVE UP

Having a nude or sexual image of yourself floating around is scary. It can make you feel vulnerable and isolated. But remember, **other teens have been in the same situation you are – and they have beaten it.**

The people who have taken advantage of you want you to feel powerless. **But you are not powerless.** You are strong. You can take charge of your situation and take back control of your life.

What if I'm being blackmailed?

Blackmail is when someone tries to threaten or scare you into doing something. For example, teens may share sexual images with people they trust, only to have those people turn on them. They may threaten to send the images to teens' families unless the teens share more images.

If you're being blackmailed, you may feel helpless or guilty. You may think you don't have the right to say "no" because you shared the first image willingly. **WRONG!** Blackmail is illegal and you don't have to take it.

YOU SHOULD:

- Stop any communications with blackmailers. They'll try to use your conversations to threaten and manipulate you – don't give them the chance. Even if you have already started communicating with them, it's never too late to stop and report it.
- Block or remove the blackmailer from your contact list. If you decide to deactivate your accounts, contact the websites/apps for help.
- Make a report to the police and CyberTipline.org right away. Seriously. They can help. They may want to see any messages you've received from the blackmailer.

For more resources visit [MissingKids.org/NetSmartz/Resources](https://www.missingkids.org/NetSmartz/Resources).

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