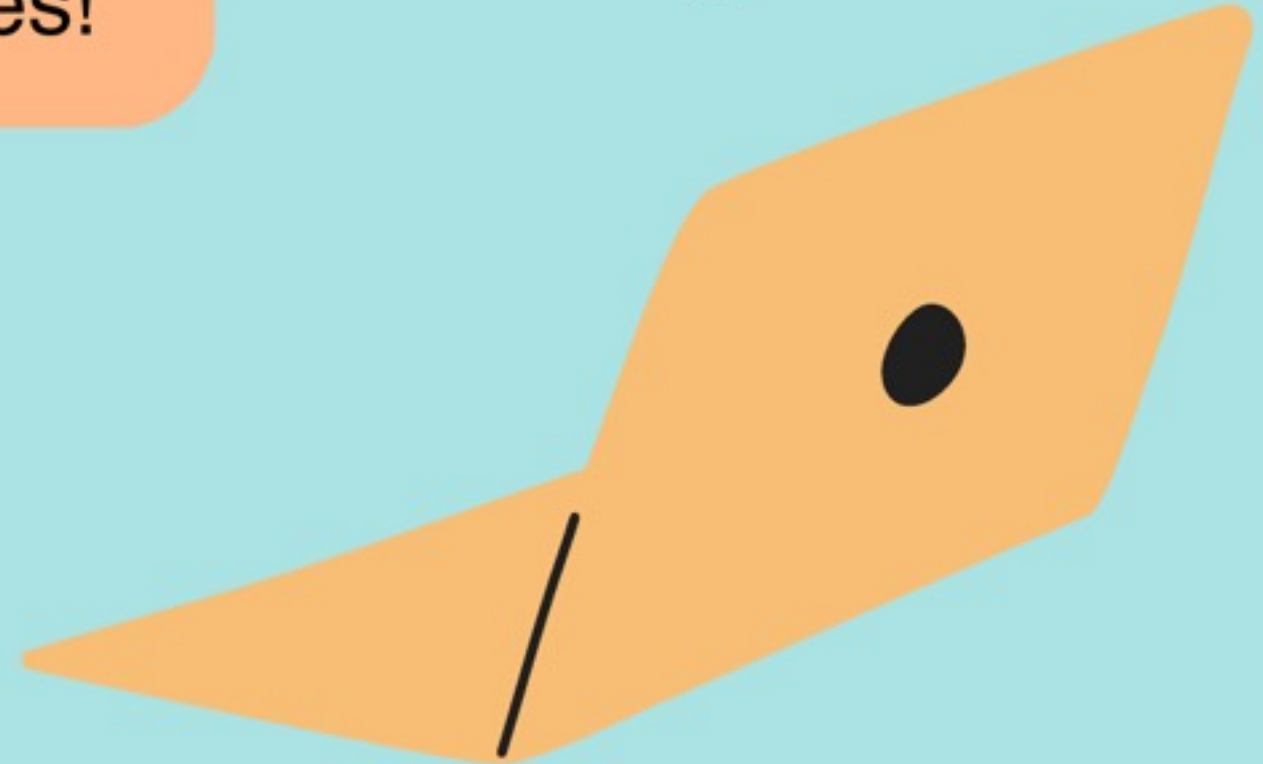




INTERNET SAFETY

The Dos for Best Practices!



MYTH BUST

MYTH: "If you send something to someone you trust, it stays between you."

FACT: Any image or message sent digitally can be screenshotted, saved, and shared: regardless of the app, the setting, or the person.



WHY THIS MATTERS

By the time most teens turn 18, they've been online for most of their social lives. Digital spaces are where relationships are built, conflicts happen, and pressure is applied. They're also where some of the most serious safety risks for teens now occur.

This module is all about protecting yourself, rather than avoiding the internet.



SEXTING: THE REAL RISKS

- Sexting = sending sexually explicit images or messages digitally.
- Legal:
 - In most U.S. states, explicit images of anyone under 18 (including yourself) can constitute child pornography under the law
 - Both the sender AND the recipient can face legal consequences
 - "I'm sending it to my boyfriend/girlfriend" does not change the law
- Practical:
 - Screenshots are permanent
 - Relationships end
 - Once an image leaves your device, you have no control over it



ONLINE COERCION & MANIPULATION

Sextortion: Someone threatens to share intimate images unless you send money, more images, or meet them.

- Often starts as a "relationship" that moves quickly online
- Can happen with strangers AND people you know
- If this is happening to you: **do not send more.** Contact the Cyber Tipline or NCMEC.

Online manipulation patterns:

- Moving the relationship very fast
- Asking for photos early on
- Creating urgency or emotional pressure
- Claiming to be someone they're not





PRIVACY FUNDAMENTALS

Basic digital hygiene:

- Private accounts limit who can see your content
- Location sharing: be specific about who you share with
- Think before tagging; do others want to be tagged in that?
- Passwords: unique, not shared with partners (even ones you trust)
- Review which apps have access to your camera, location, microphone

The screenshot rule: Before sending anything: *would I be okay if everyone could see this?* If no → consider whether to send it at all.

WHEN THINGS GO WRONG ONLINE

If someone shares an image of you without consent:

- This is called non-consensual pornography (or "revenge porn")
- It is illegal in most U.S. states
- You can request removal through platforms (most have specific processes)
- Contact StopNCII.org, a tool that prevents images from spreading further

If you're being harassed or stalked online:

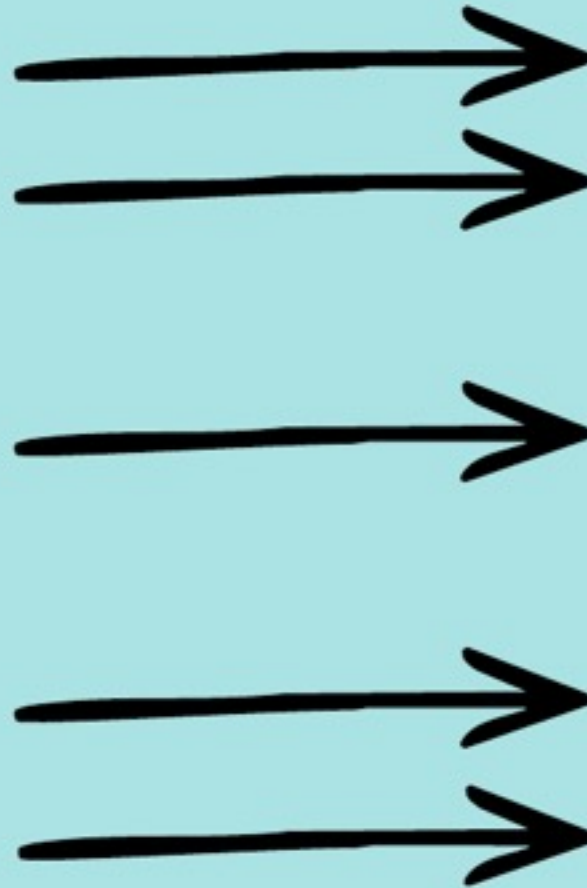
- Document everything (screenshots with timestamps)
- Block and report on the platform
- Tell a trusted adult
- Contact the Cyber Civil Rights Initiative: cybercivilrights.org



LEGAL & SAFETY QUICK REFERENCE

Situation

- Explicit images of a minor
- Sextortion
- Non-consensual sharing of images
- Online stalking/harassment
- Someone asks for your location or personal details



What to know

- Potentially illegal regardless of consent
- Don't comply; report to NCMEC CyberTipline
- Illegal in most states; report + use StopNCII
- Document, report, tell a trusted adult
- Do not share; end the conversation

**YOU ARE NEVER AT FAULT FOR SOMEONE ELSE'S
DECISION TO HARM YOU.**