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Turn the Talk Presents...

# The Road to Online Safety

## GROOMING AND ONLINE EXPLOITATION:

Grooming is a tactic used to manipulate and gain control over a child by building a relationship and, gaining trust in order to use sexually abusive behaviors.

Tactics used by groomers: pretending to be younger, giving advice or support, having sexual conversations or sending sexual messages, giving attention, isolating someone from friends and family, getting someone to send nudes, blackmail, shaming, or guilt

## DID YOU KNOW?

# 1 IN 4

young people experience online sexual grooming via long, intimate conversations in online chatrooms.

## GROOMING CAN SOUND LIKE:



### CAN YOU KEEP A SECRET?

This could include being told not to tell anyone, that it's special between you two, or that other people won't understand. You might be asked to keep it secret to show you trust them.



### IS ANYONE ELSE AROUND?

Someone might ask you which room you're in and whether anyone else can see your device. This is to stop anyone who might want to help you from finding out.



### HAVE YOU KISSED ANYONE BEFORE?

Asking you whether you've ever kissed anyone or saying how much they like your body might seem like no big deal, but the questions and comments typically become more explicit and ultimately end in requests for nudes.



### I HAVE A REALLY GREAT OPPORTUNITY FOR YOU.

People who groom others will try to meet their needs as a way to get what they want. Be mindful of sharing vulnerabilities that they can exploit (i.e. money, food, or housing insecurity, relational problems, mental health issues, substance misuse, etc.).

## GROOMING CAN HAPPEN ANYWHERE:

- Social networks
- Messaging/photo apps
- Video voice call apps
- Email
- Dating apps
- Video sharing social sites
- Image board sites

## DID YOU KNOW?

# 1 IN 9

young people experience online child sexual abuse exploitation.

## SAFETY TIPS FOR STUDENTS:

### Stop responding.

Don't reply to messages or threats, and don't try to reason with someone or change things yourself. Use the block feature on whichever platform you are experiencing grooming or online exploitation.

### Talk to a trusted adult.

Consider talking to a parent, coach, teacher, relative, doctor, or religious leader.

### Report, report, report.

Youtube, X, Snapchat, Instagram, TikTok, Facebook

### Keep private information private.

Private details that could identify you in the real world should be kept private. This includes your name, age, gender, phone number, home address, school name, and extracurriculars. It's always best to assume that default settings are public and should be changed accordingly. Visit [Social Media Privacy Guides](#).

### Find healthy ways to cope.

Visit [Get Help Now](#).

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## FIVE FACTS ABOUT SEXTING\*:

1. Images sent on sites like Snapchat can still be saved and screenshotted.
2. It's not okay for someone to pressure you into sending a nude.
3. Sending or receiving a nude when you're under 18 is against the law.
4. Not everyone in a relationship will share nudes.
5. If something goes wrong, there's support to help.

## DID YOU KNOW?

5 IN 6

young people reported to never sharing a nude.

## SEXTORTION:

The threat to expose sexual images in order to make a person do something

Online Sextortion is when the person experiencing abuse knows the person delivering the threats in real life. On the other hand, offline sextortion is when the person experiencing abuse has only met the person delivering threats online. According to one study conducted by Thorn, 47% of sextortion victims experience daily threats while 45% of perpetrators carry out their threats. After experiencing sextortion, one in three victims do not tell anyone, one in four victims seek medical or mental health treatment, and one in eight victims move from their homes due to fear of safety. If you or someone you know is experiencing sextortion, get help from a trusted adult.

## LEGISLATIVE RESPONSE TO SEXTING:

"The Maryland Court of Appeals recognizes that there may be compelling reasons for treating teenage sexting differently than child pornography (2019).

### Sexting:

The exchange of explicit, self-produced images when...

- Both parties are under 18
- Both parties are within 4 years of age
- Force, fraud, and/or coercion have not been present

### Force, Fraud, and/or Coercion:

Feeling like you owe someone something, worrying that they won't like you as much if you don't, being asked repeatedly, being offered money or a gift, threats of physical or sexual violence, threats of self-harm



## ARTIFICIAL INTELLIGENCE:

### DID YOU KNOW?

4,700

reports to the National Center for Missing and Exploited Children (NCMEC) involved generative AI (GAI). This included child sexual abuse material (CSAM) depicting computer-generated minors engaged in graphic sexual acts or deepfakes that use GAI to alter images or videos of real minors to be sexually explicit.

## SAFETY TIPS FOR STUDENTS:

### Ask for the picture or video to be deleted.

Explain that you're not comfortable with them keeping the picture and ask them to delete it.

### Don't reply to threats.

If you're asked to share something that makes you uncomfortable, you have a right to say no. If they threaten you, don't engage. Instead, talk with someone you trust.

### Report, report, report.

[Youtube](#), [X](#), [Snapchat](#), [Instagram](#), [TikTok](#), [Facebook](#), [Discord](#), [WhatsApp](#)

### Get leaked nudes 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. You can remain anonymous while using the service and you won't have to send your images or videos to anyone. Visit [Take It Down](#).

### Find healthy ways to cope.

Text "THORN" to 741741

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## TIPS TO KEEP YOUR PHONE SAFE:

1. Use a password on your phone. Do not share your password with others, and create a password that is not easy to guess or used on multiple sites or accounts.
2. Set up 2-factor authentication. It adds another layer of security to your password by asking for another piece of information. For example, you might need to enter your password and then enter a code you're sent via text message. It's much more secure as passwords can be guessed or cracked.
3. Keep your phone with you. Store your phone in your pocket, backpack, or purse, and do not allow others to use it unless you know and trust them.
4. If possible, do not use public WiFi. Instead, use a personal hot spot.
5. Log out when you're using public or shared devices.
6. Be careful about what permissions you agree to and check what permissions your apps have in the 'settings' menu of your phone. Be particularly mindful about apps that access your location, contacts, photos, and messages.
7. Keep your emergency contacts up-to-date.
8. Be careful who you add or talk to. When you talk to someone online, you don't always know who they are or whether they're being truthful. If you're talking to someone who you don't know in real life, consider the risks and rewards for sharing personal details about your life.

## PRIVACY AND LOCATION SHARING:

Your iPhone and iCloud-connected devices will keep track of places you have recently been as well as how often and when you visited them.

iPhone: Settings – Privacy & Security – Location Services – System Services – Significant Locations – Clear History – Toggle Off

iPhone: Settings – Privacy & Security – Safety Check – Manage Sharing & Access – Continue – Select People to Review What's Shared and Stop Sharing

Google Maps: Profile Picture – Your Timeline – Location History – Turn Off

## NON-CONTACT ACTS:

### DID YOU KNOW?

# 1 IN 10

minors experience physical child sexual abuse by their 18th birthday. However, 1 in 4 girls and 1 in 6 boys experience non-contact acts of child sexual abuse by their 18th birthday, such as obscene conversations, phone calls, text messages, or digital interaction, producing, owning, or sharing pornographic images or movies, and sextortion.

## SAFETY TIPS FOR STUDENTS:

### End uncomfortable interactions.

Consider three reasons you could give to discontinue an uncomfortable online interaction.

### Stay educated. Be prepared.

Regardless of what we do online or with others, situations arise that we never expected. Below are some great resources to learn about in-person and online mistreatment.

[One Love, Love Is Respect](#), [No Filtr](#), [Stop Sextortion](#), [Center for Humane Technology](#).

### Be a supportive friend.

Sometimes friends and peers are the first place we turn in difficult times. If a peer comes to you about a difficult or sensitive situation, it is not your responsibility to be able to fix it, but knowing how to respond in the moment can have a big impact on the other person. Consider supportive responses and ways you can signal interest and attention.

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## SNAPCHAT:

To change your privacy settings on Snapchat, go to your profile and select the gear icon. Scroll down to "Who can...":

- Contact me: select friends only
- View my story: select friends only
- See my location: choose ghost mode
- Show me in quick add: turn this off

## WHATS APP:

WhatsApp will automatically allow people to see what's on your profile and when you were last on. To change your settings:

- Go to your settings and select account
- Select privacy
  - Consider changing who can see when you were last active, your profile picture and personal information, and your live location

## FACEBOOK:

Changing your privacy settings in the Facebook app:

- Select the menu icon (the three horizontal lines)
- Scroll down to settings and privacy
- Select privacy shortcuts
  - Consider who can see your posts, pages and people you follow, friend requests, search engines linking to your profile, and Facebook live settings (turn off location sharing)

## YOUTUBE:

To set your videos as private:

- Open the YouTube app
- Select your profile picture
- Select your videos
- Select more edit next to the video you want to change
- Select visibility and then choose between Public, Private, and Unlisted
- Select save

## INSTAGRAM:

Instagram Teen Accounts, a new experience for teens, have built-in protections that limit who can contact you and the content you see, and also provide new ways for teens to explore their interests. Teens under 16 will need a parent's permission to change any of these settings to be less strict.

## DISCORD:

You can manage your online safety on Discord by enabling or disabling security, privacy and data features:

- Select the logo in the bottom right-hand corner of Discord
- Select privacy and security
  - Consider who can access your data, direct message you, and send a friend request

## X:

X sets your profile to public automatically. To protect your tweets:

- Go to your account and select settings and privacy
- Select privacy and safety
- Turn on "protect your tweets"

## TIKTOK:

By default, TikTok accounts for people under 16 are set to private at the start. Accounts for people over 16 who do not choose a private account during registration start out as public:

- Select profile at the bottom.
- Select the menu ≡ button at the top
- Select settings and privacy, then select privacy
- Turn private account on or off

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