



EMPOWERING  
YOUTH AND FAMILIES TO BE  
SAFE & KIND ONLINE

Teach youth the  
**STOP BLOCK TALK**  
approach:

**STOP** Be careful about what you post and say or share with others.

**BLOCK** anyone who bothers you in any way. Do not feel bad about doing so. Report them if necessary.

**TALK** to someone you trust if something is bothering you.

#### APPS / SITES



**Instagram** is a photo-sharing site. Users follow others to view their photos/videos and chat. Short videos are called "Reels." Users should keep accounts private and only allow those they know personally to follow them. Can be used to livestream.



**Snapchat** is a photo/video/story sharing app that claims to auto-delete pictures after a given time. However, pictures can still be saved so only appropriate content should be shared.



**TikTok** is a global video community. Users create and share short video clips. As with most apps, there can be mature and explicit content. Strangers can follow public accounts and instant messaging and comments allow people to communicate easily. Many users seek as many likes, followers and fans as possible.



**X (formerly Twitter)** allows users to share short statements, links and pictures. Accounts should be private to protect personal info and prevent strangers from sending direct messages.



**Facebook (w/ Messenger)** is one of the most popular social networking sites. Personal information should be limited and care should be taken when posting and sharing. Can be used to broadcast live. **Messenger** is a tool of Facebook. Users can message and call their FB connections.



**YouTube** is a video sharing site that can be accessed online. Users can create profiles that other users may subscribe to. Profiles should be private. Can be used to livestream.



**Reddit** is a content sharing site. Users may post anything from pictures to videos to personal stories. Content can be mature and graphic in nature.



**Kik** is a mobile messaging app where users can instant message and share pictures with other users. There is often mature and explicit content in texts and photos on this site. Should be 17+ to use.

#### GAMING



**Xbox, PlayStation, Nintendo Switch, and other gaming consoles** can be used to access the internet, including sites such as YouTube and more. Games are often played online and youth can connect with both people they know in real life and others across the world.



**Roblox** is a game/platform where users can create experiences, most often in the form of games. Roblox encourages users to play and chat with "friends" so caregivers should review what settings are enabled for their children and use parental controls. Be aware that while Roblox is popular with youth, like most games, there are many adults on Roblox as well.



**Fortnite** is a multi-platform last survivor standing video game. Users can play solo or in squads and youth often play with strangers they are paired with online. Check parental controls carefully and watch out for V-buck scams.



**Discord** is an app for mobile and PC that allows users to chat through text, voice, or video. Each unique channel is called a "server" where different games and topics are discussed. Risks include chatting with others and exposure to mature and explicit content.



**Twitch** is a live-streaming service that allows users to broadcast live while gaming, performing, and more. Twitch creators often engage with their audience through comments and chat on their streams. Creators often solicit "bits" or donations to their channel. Users can communicate with each other individually as well.

**SEE OTHER SIDE FOR TIPS ON HOW TO TALK WITH YOUTH ABOUT THIS TOPIC**



STOP BLOCK AND TALK is a program of  
**The Suffolk County  
District Attorney's Office**

suffolkdistrictattorney.com

617-619-4000 | @StopBlockTalk



**CHILDREN'S ADVOCACY CENTER**  
of suffolk county

suffolkcac.org | 617-779-2146



**Q:** At what age should I allow my child to use social media or play online games?

**A:** When they (and you) can have a good conversation about what might be encountered online:

- Sexual material
- Offensive language / images
- Other users, including adults, who might attempt to obtain personal, private information or connect with them

**Be calm and cool:** If your child tells you something upsetting, try to stay calm, and tell them you will help them. Don't ask why they didn't tell you sooner.

**Thank them for telling you now.**

## ONLINE RESOURCES

[connectsafely.org](https://connectsafely.org)

[nationalonlinesafety.com](https://nationalonlinesafety.com)

[netsmartz.org](https://netsmartz.org)

[commonsense.org](https://commonsense.org)

To report an image or video:

[cybertipline.com](https://cybertipline.com)

## STARTERS

Can you show me some of your apps / games?

Which one do you like the most? How come?

Do any of them ever make you feel upset or worried? How come?

Can you show me something funny you've seen on TikTok? Or how about something you learned on TikTok or YouTube?

How about showing me some of your friends' profiles on Instagram, Tktok, or somewhere else?

Let's see what pictures they have up, and how much we can learn about them.

Let's read some of the comments on the pictures and see if any are a good or bad idea.

Can you show me how to use SnapChat?  
Can you show me some of the filters you use?

Can you show me how to play the game you like the most? Even if I'm not any good, I'd like to try it.

## FOLLOW-UP

Has anyone ever posted a picture of you that made you feel embarrassed?  
**What did you do when that happened?**

Have you ever gotten a text from someone you didn't know? **What did you do?**

Do people sometimes ask you personal info like how old you are, what school you go to, etc.?  
**What do you tell them?**

Has anyone ever asked you a question that was kind of rude? What about a question that was inappropriate? **What did you do?**

Has anyone ever asked you for a pic?  
Has anyone asked you for a nude?  
**What did you do?**

Has anyone ever sent you a nude? I know that happens and you can tell me about it. How about any of your friends? Have they ever sent or received nudes?  
**Have you ever been worried about a friend?**

Has anyone ever tried to meet up with you?  
**What did you do?**

**Is there anything you are worried about telling me? It's OK, you can.**

**You can always talk to me about these things and I will always try to help.**

**If something is too hard to talk about, you can always write it down.**

**And if you are worried about telling me something and want to be sure I am calm and ready, you can send me this 🙄 first. And I'll be ready to talk and help.**