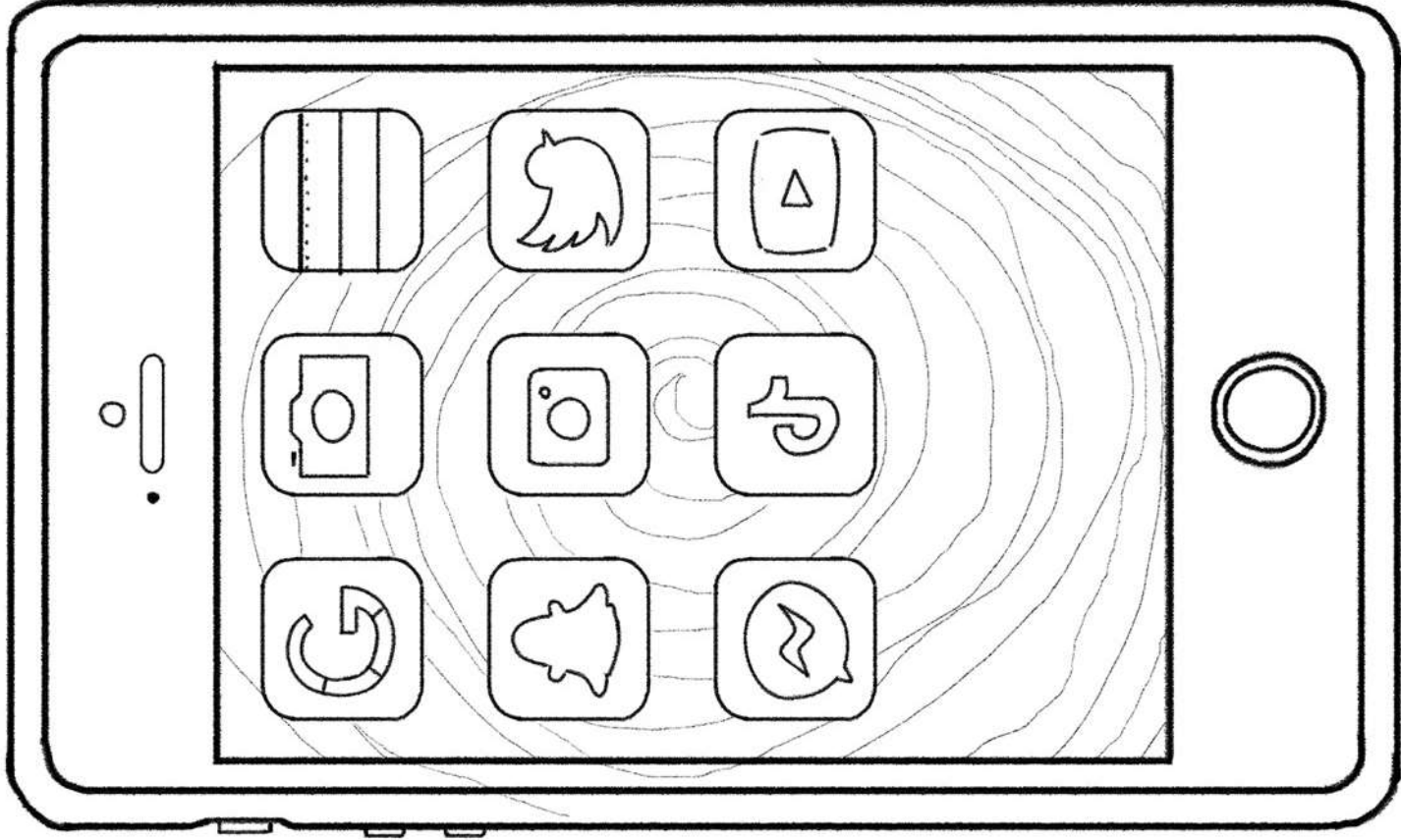


EMPOWERUP

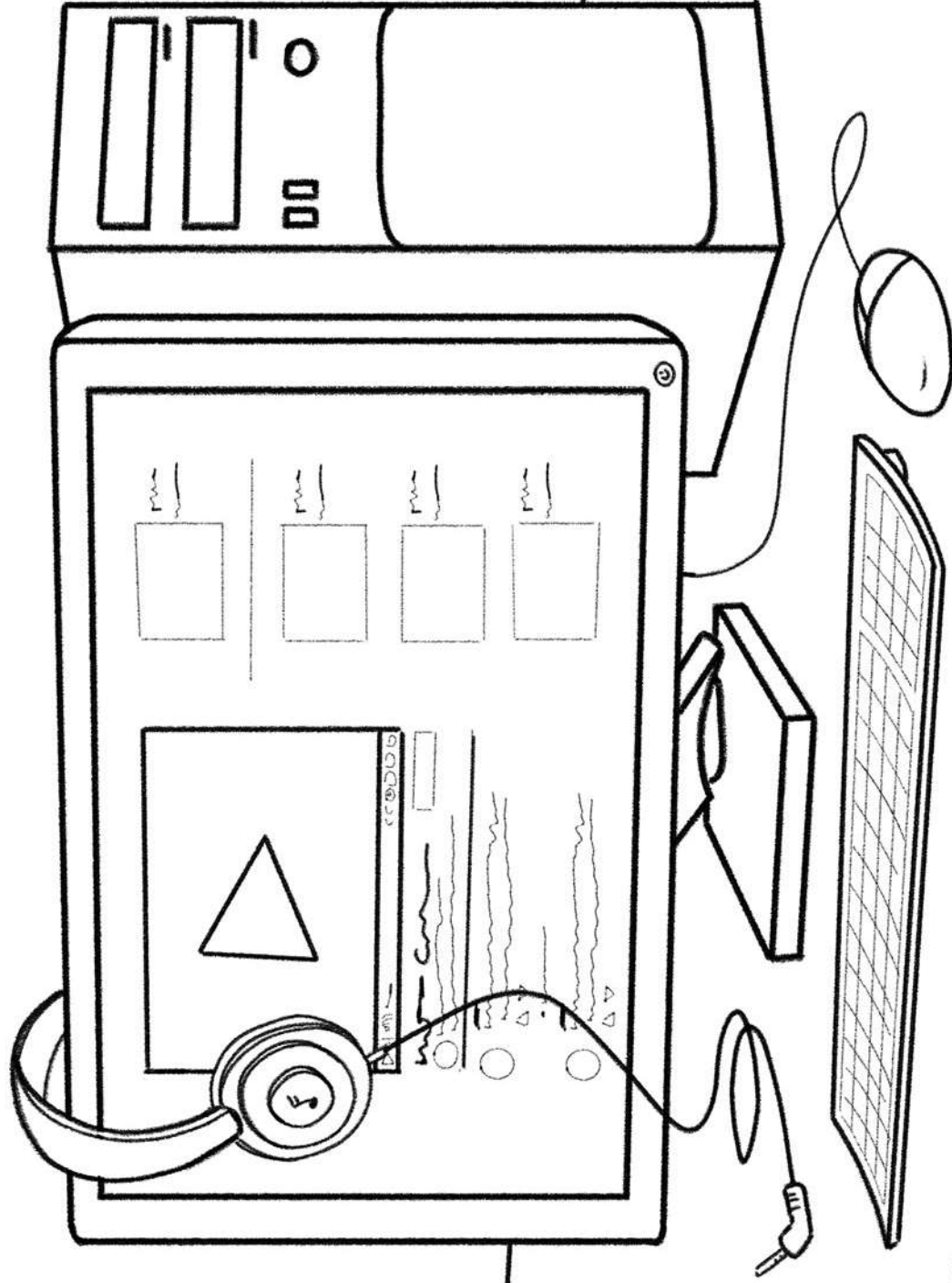
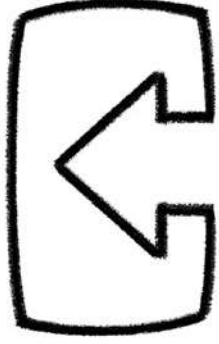
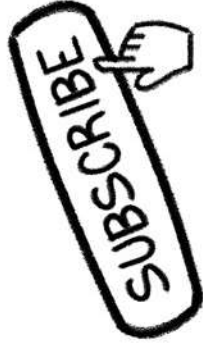
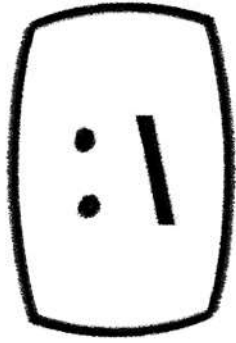
A COLORING BOOK BY THE SUFFOLK COUNTY DISTRICT ATTORNEY'S OFFICE



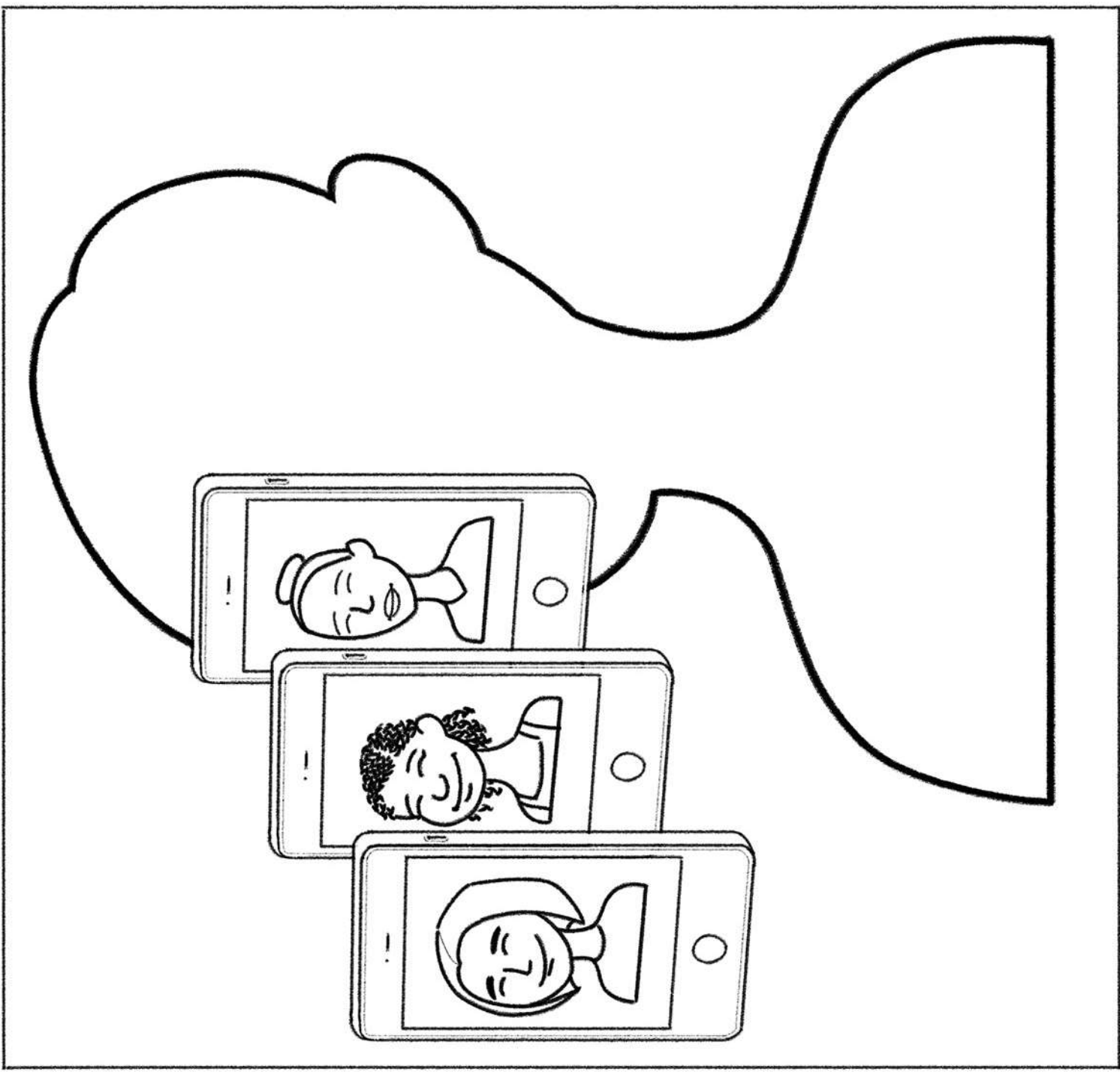
CHILDREN'S ADVOCACY CENTER
of suffolk county



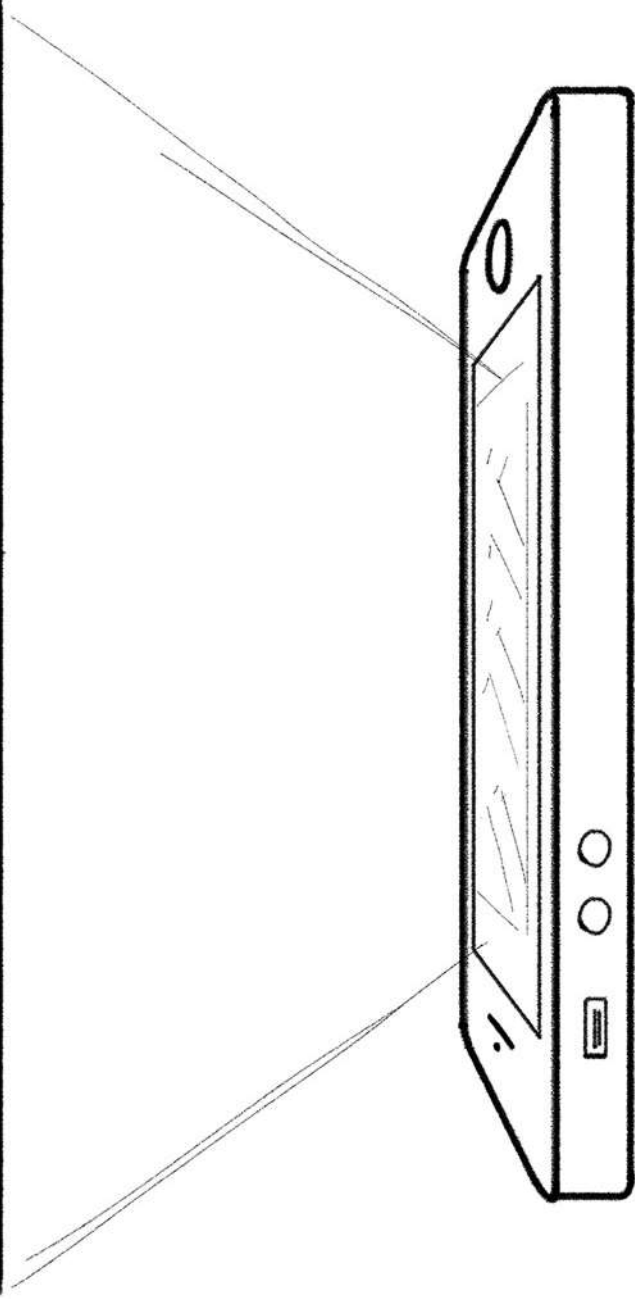
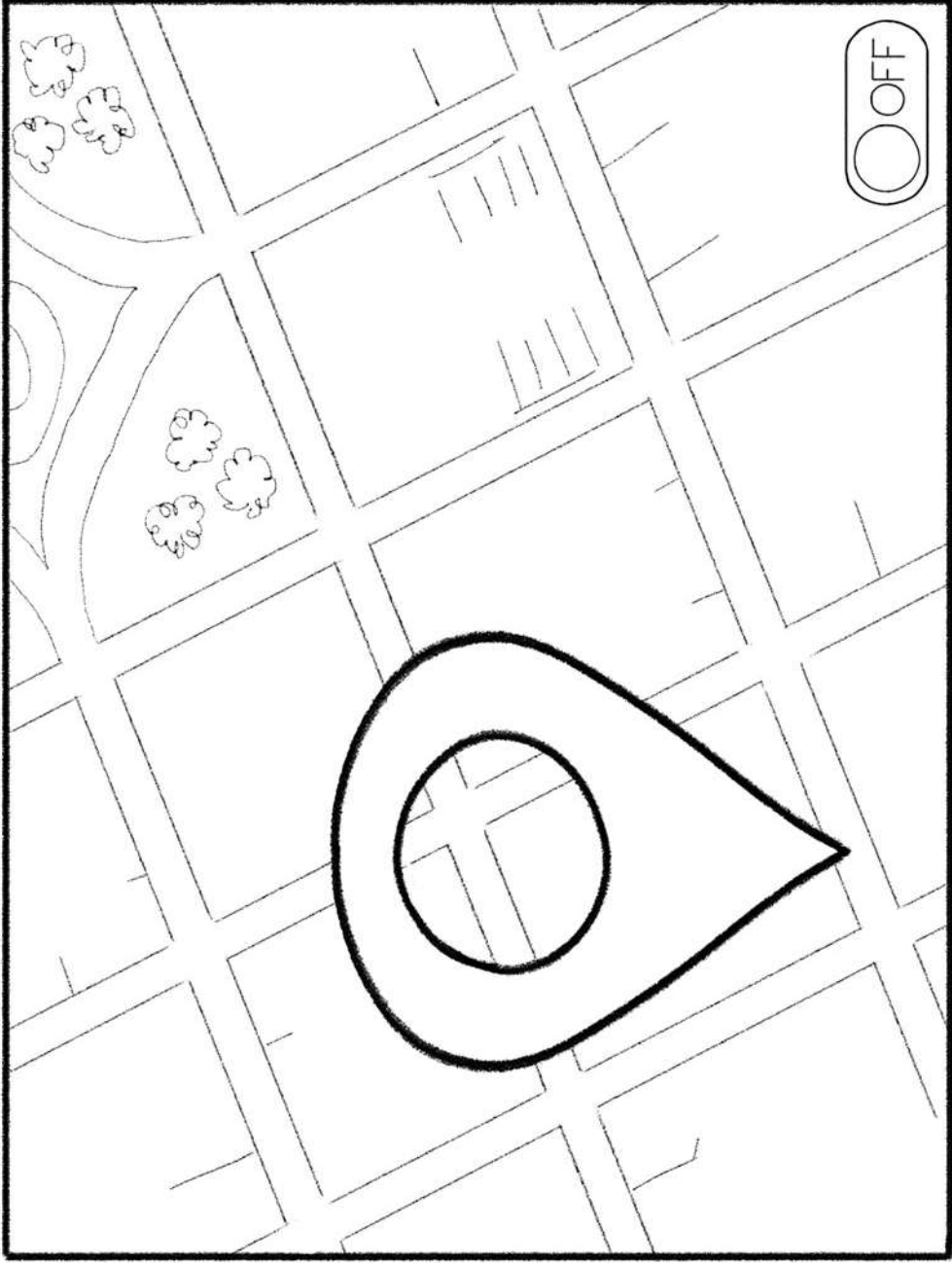
No matter the app, game, or site, I'll think about what I share.
I won't put private information on my profile page, and I'll be careful about who follows me.
My safety and peace of mind are more important than anything else!



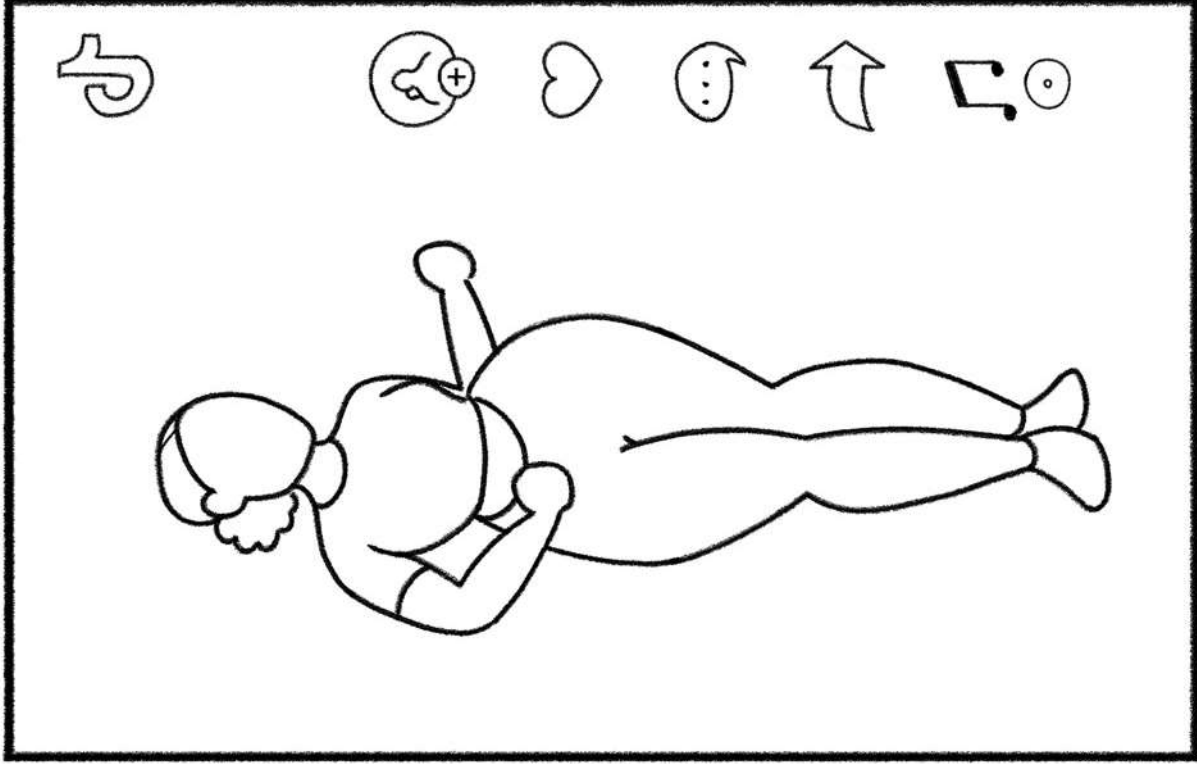
There are lots of negative shows and videos online that I don't need to see.
But there are also so many inspiring ones, so I'll check those out instead.
I'm going to watch things that make me feel better, not worse!



It's easy to create fake online profiles. If I talk to someone on an app or game, I'm careful not to tell them my personal information. Even if they seem very nice, I won't share my real name, and I won't give them other ways to contact me.



For safety, I only let family and a few close friends see my location.
This is easy to control for all my apps in Settings ⇨ Privacy ⇨ Location.

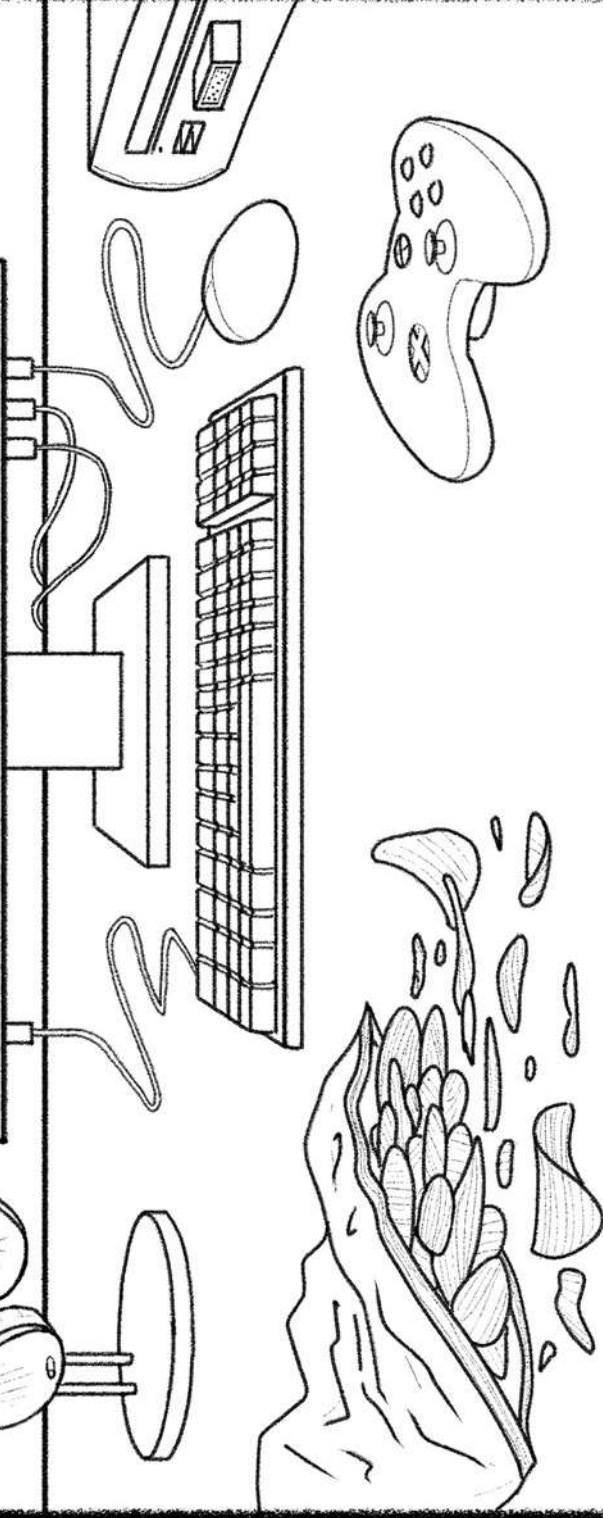
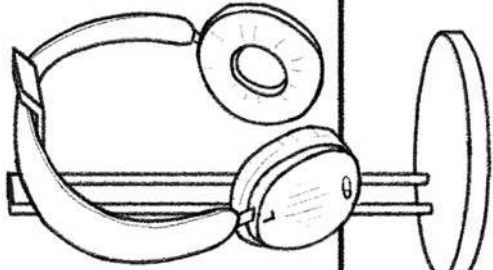
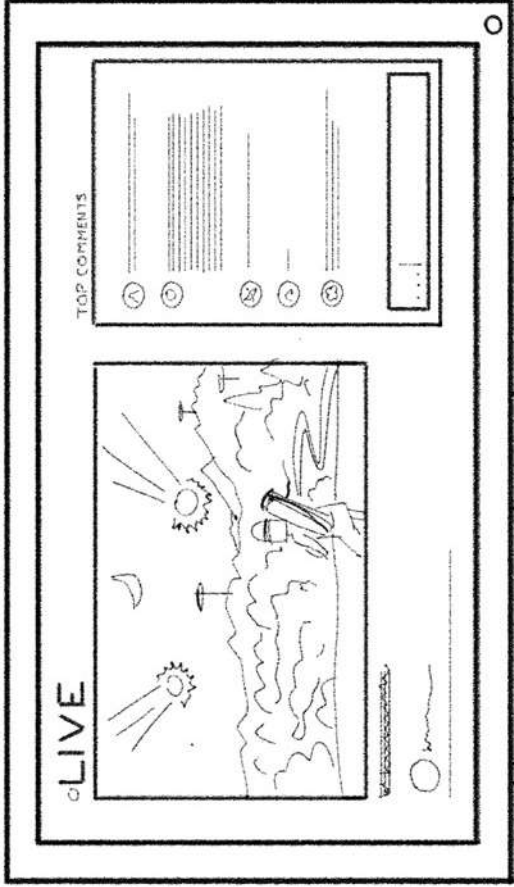
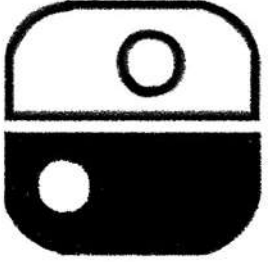
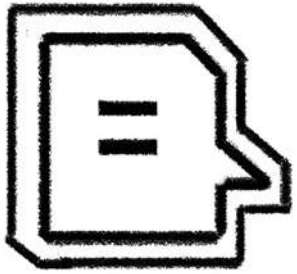


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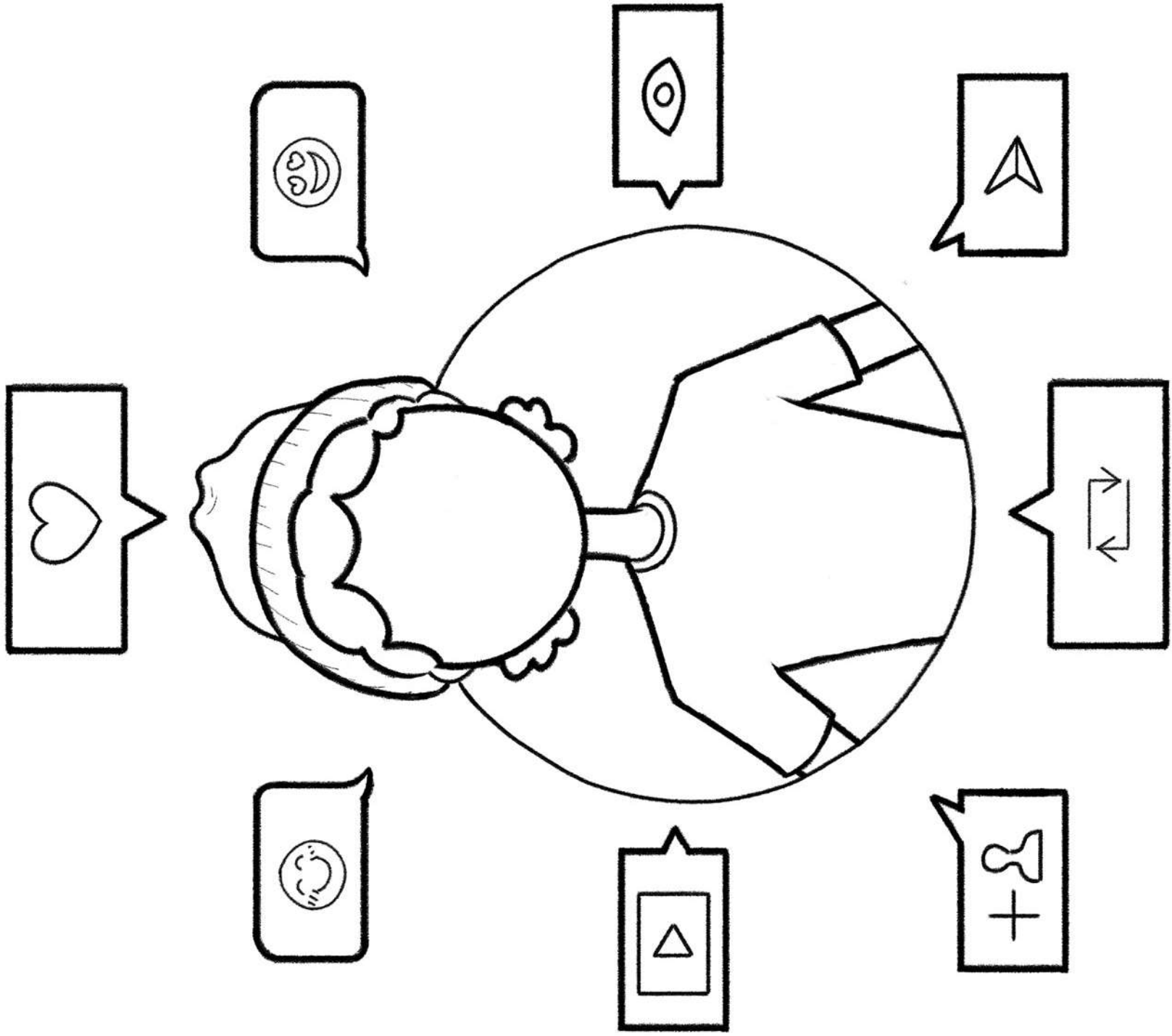
SAY SOMETHING NICE!



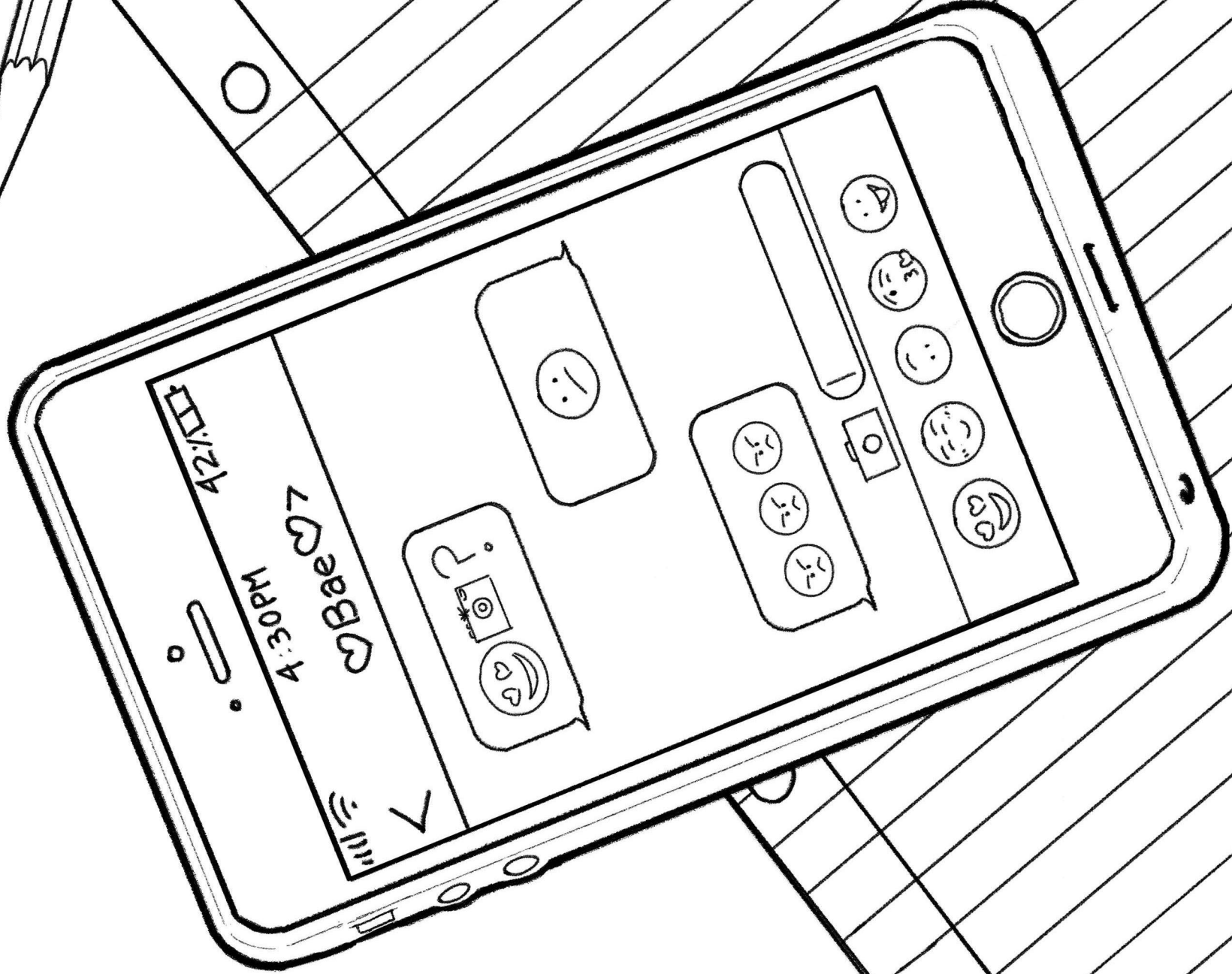
Comments can be lots of things, from super nice to really hurtful. When people are mean or rude, I won't respond because they don't deserve my attention and it can make things worse. I will put my energy into being kind, and if I don't like what someone does, I don't have to say anything at all.



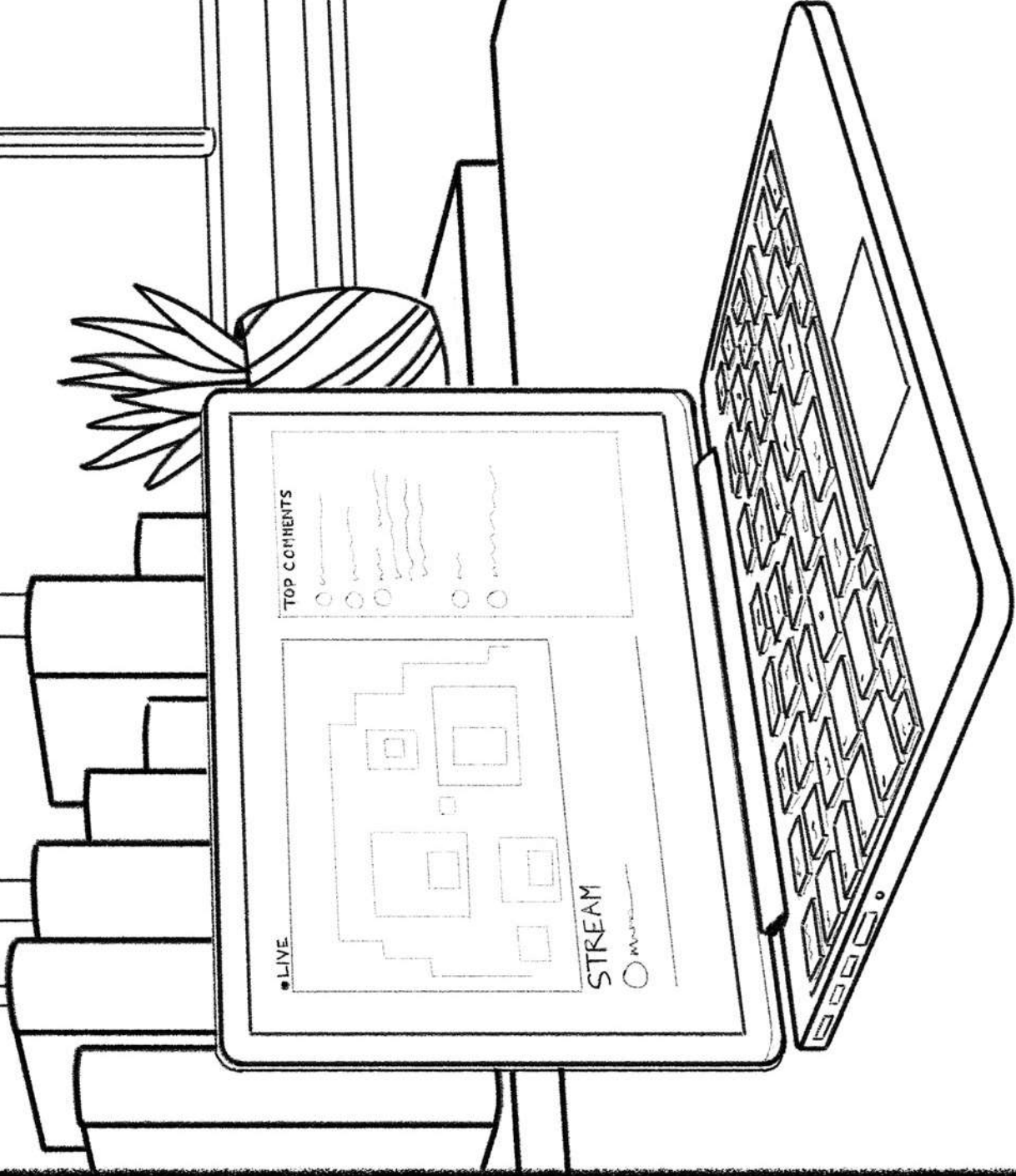
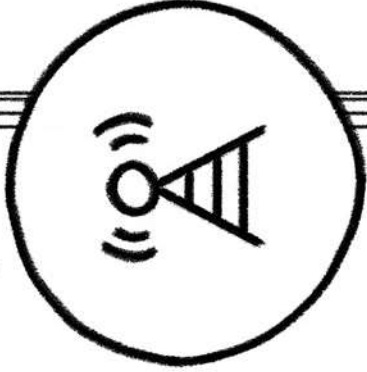
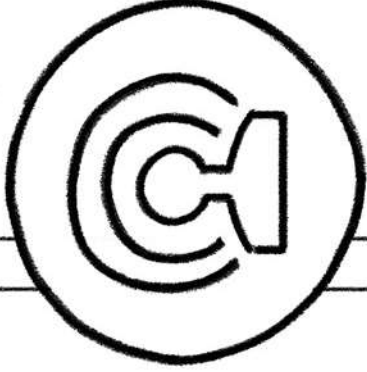
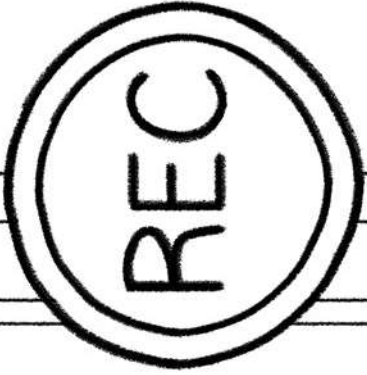
I am in control of every game - I can mute anyone I want and block offensive people.
If someone tries to pressure me or threatens me, I will stop talking to them and report them.



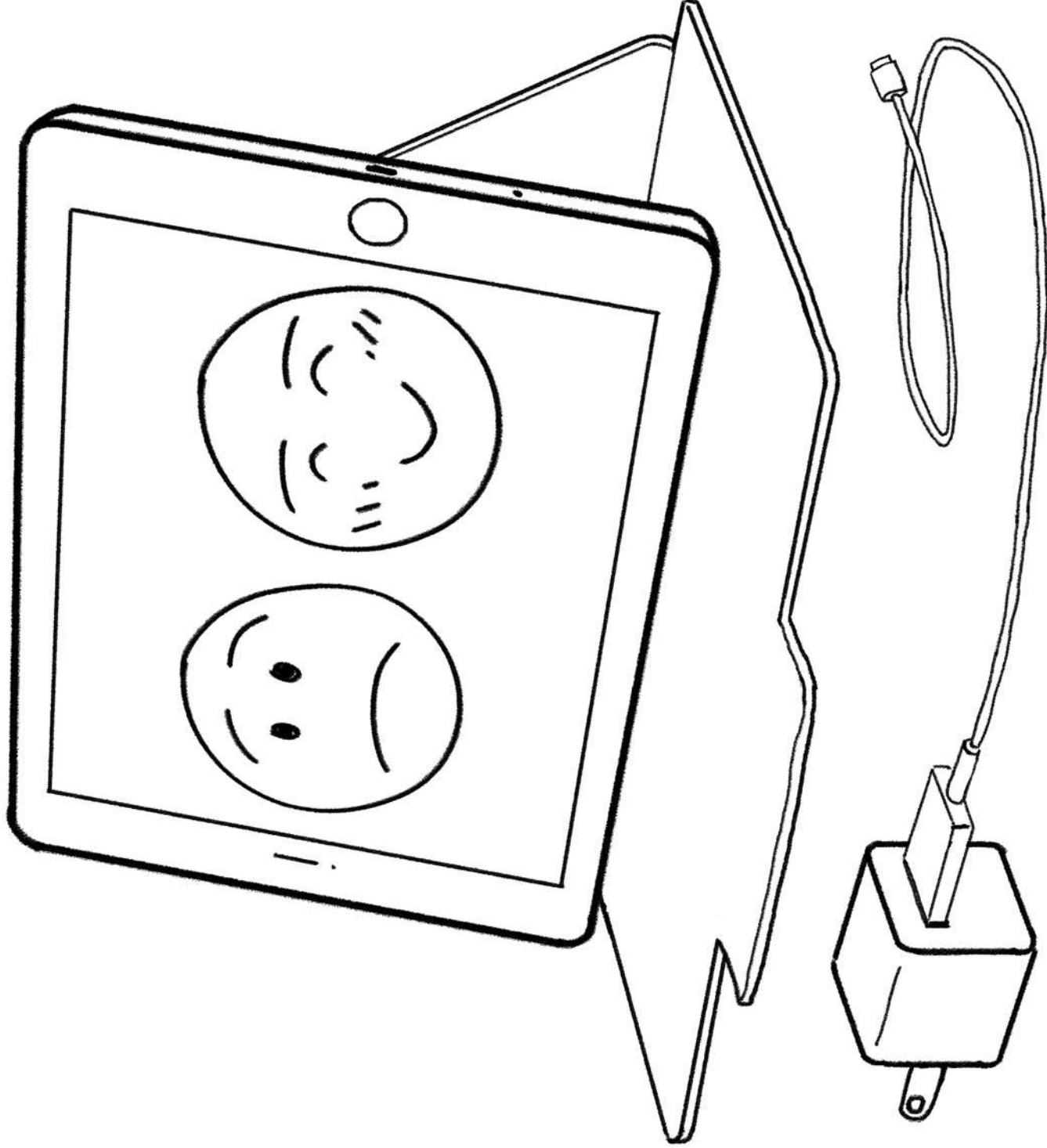
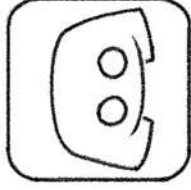
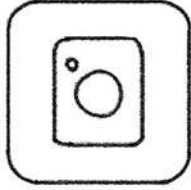
Likes, fans, and followers are ok, but they're not what's really important.
What matters most is that I know I'm awesome, kind, and worthy -
whether I get zero likes or a thousand likes!



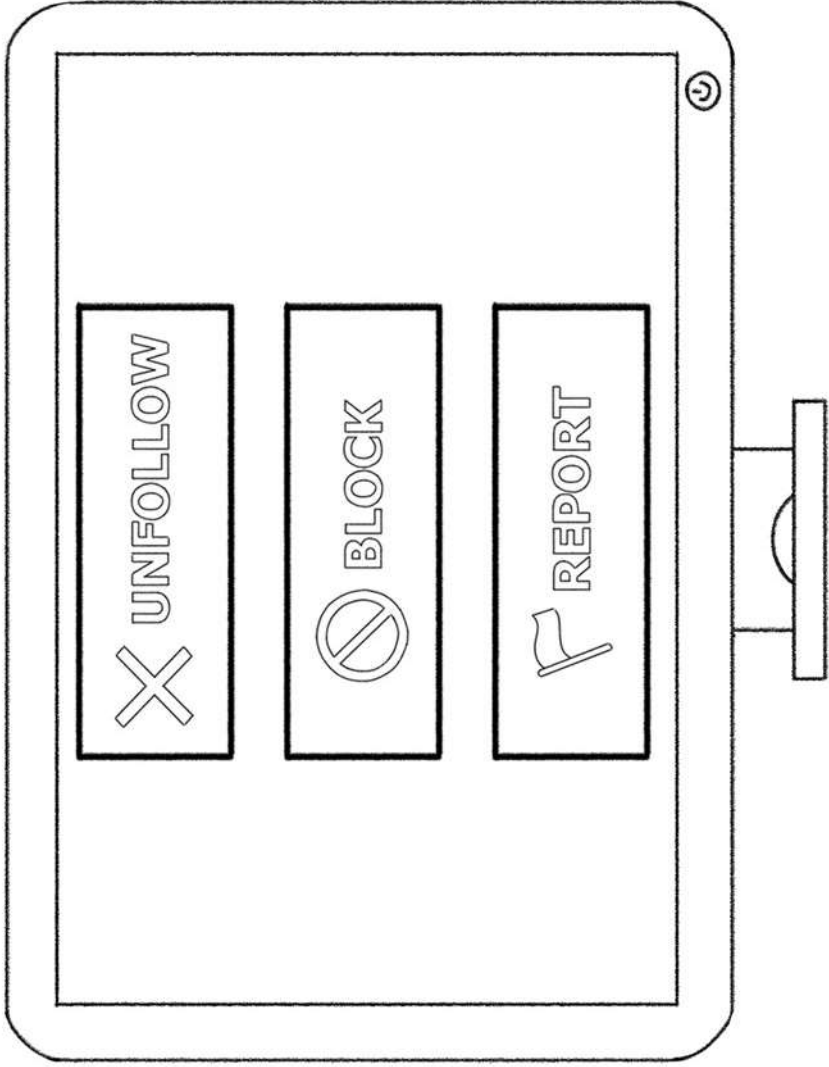
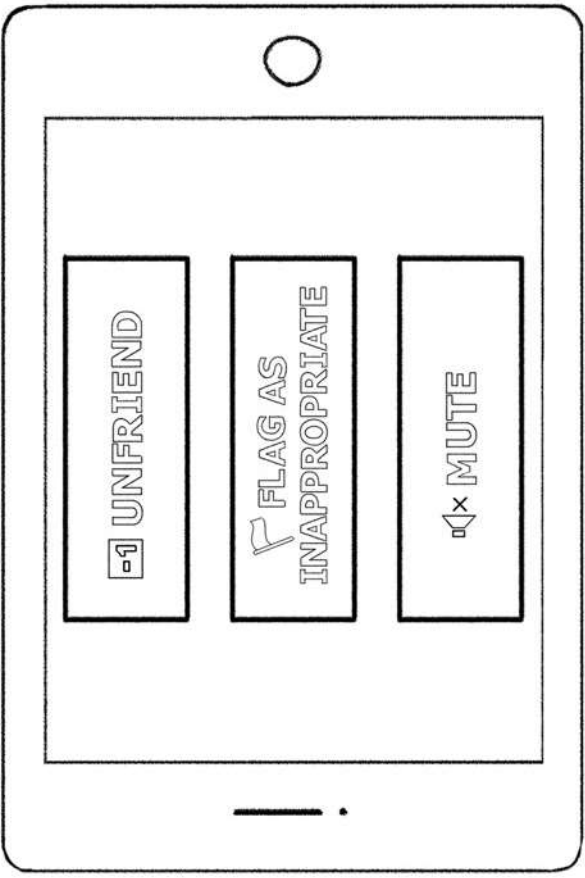
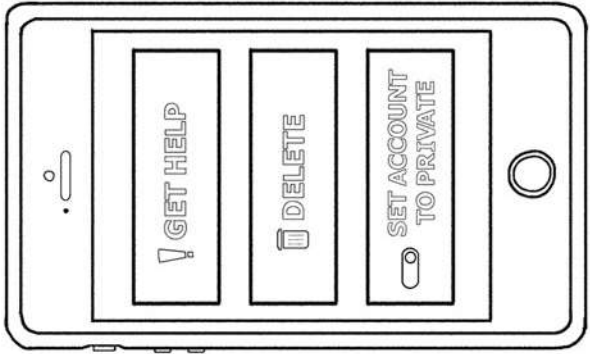
I have the right to say "no thanks" to anything that makes me uncomfortable. It's not ok for someone to pressure me into doing something. Their feelings aren't more important than mine and that's not someone I should trust.



If I live stream, I'm careful about what I say and share. Someone might be recording it!



I choose to surround myself with positive people who support me.
I have the power to disconnect from any site or game if someone writes
rude comments or says things that make me feel bad.



I am in control of who my friends are and who follows me. If anyone is rude or pressures me in any way, I hit BLOCK, UNFRIEND, or whatever else will remove them from my page. I'm not going to feel bad or guilty, because staying safe is what matters most.

If you feel unsafe or need to talk to someone, please use this page to find help and support.
(Take a picture of this phone so you always have it!)
In an emergency, call 911.



@StopBlockTalk on Instagram & Snapchat
suffolkdistrictattorney.com | 617-619-4300
suffolkcac.org | 617-779-2146

CRISIS TEXT LINE – Text HELLO to 741741
24/7 help and support for people in crisis.

TEEN DATING ABUSE HELPLINE:
1-866-331-9474
Speak with peer advocates about dating, relationships and abuse.

NATIONAL SEXUAL ASSAULT HOTLINE:
1-800-656-4673
Get help and referrals from advocates.

NATIONAL SUICIDE PREVENTION LIFELINE:
1-800-273-8255
Free confidential support for people in distress and prevention and crisis resources.

TREVOR LIFELINE:
1-866-488-7386 | Text START TO 678678
A crisis and intervention and suicide prevention line for LGBTQ youth.

To Report Online Abuse or Exploitation
Cyberfipline: 1-800-843-5678
www.cyberfipline.com

You can also click: “Get Help” / “Is your explicit image out there?” for help with getting pictures removed from specific sites.



