

YOU'RE NEVER ALONE

SUPPORT DIRECTORY FOR YOUTH

If someone has hurt, scared or made you feel uncomfortable online, you are not alone, and **it's NEVER your fault**. You deserve to be safe, and there are resources to help you right now.

Steps2Take



1 It's Okay to Leave a Conversation

If you feel scared or unsafe, leave the app, game or chat right away, but do not delete anything.

2 Tell a Trusted Adult

Talk to a parent, teacher, counselor or other trusted adult. Even if you feel scared or unsure, letting someone know can help stop the abuse.

3 Save Evidence

Save text messages, photos, screenshots and the offender's account information. Law enforcement officials can use the information to help stop the abuse and prevent the predator from harming other kids.

SUPPORT RESOURCES

Know2Protect Tipline, Call: 833-591-KNOW (5669)

Report online exploitation or abuse here. You don't have to tell them who you are. Experts will review your information and send it to special agents who may start an investigation

National Center for Missing & Exploited Children (NCMEC), Call: 1-800-843-5678

CyberTipline: Report online exploitation or abuse through report.cybertip.org

Take it Down: A resource to help remove nude or sexually explicit photos of you online takeitdown.ncmec.org

988 Suicide & Crisis Lifeline, Text or Call: 988

If you feel overwhelmed, scared or like you're in crisis, you can talk to someone 24/7 at 988lifeline.org

Rape, Abuse & Incest National Network (RAINN),

Call: 1-800-656-4673

Support for any kind of sexual abuse or exploitation. Online Hotline (includes chat feature): hotline.rainn.org/online

#MyFriendtoo

A place that you can find information and tips on how to help and support your friend who has experienced online child sexual exploitation or abuse. myfriendtoous.org

Crisis Text Line, Text HOME to 741741

The Crisis Text Line offers free, 24/7, text-based mental health support and crisis intervention facilitated by a community of trained volunteers who provide support to people when they need it most. crisistextline.org



Together We Can Stop Online Child Exploitation™
To learn more, visit know2protect.gov

