TOOL 13 OF 13 FOR KIDS

What to do.

For: Kids and teens · **From the guide:** page 38

We're glad you're here. Whatever is going on, you don't have to handle it alone.

If it's happening to you

- It's not your fault.
- Don't answer back.
- Save messages without sexual images.
- Tell an adult you trust. If the first one doesn't help, tell another.

If you see it happening

- Don't like it, share it, or add to it.
- Message the person so they know someone's on their side.
- Tell an adult you trust.

If you did it

- You can stop today.
- Take it down.
- Ask an adult to help you make it right.
- One mistake doesn't decide who you are.

If a friend tells you something big

- **Listen and believe them.** You don't have to fix it. Tell them it's not their fault.
- **Don't pass it around.** Never share screenshots or images of them, even to ask someone what to do.
- **Some secrets are too big to keep.** If someone is being threatened, hurt, or talking about not wanting to be here, tell a trusted adult right away. That's helping your friend, not betraying them.

If someone asks you for a photo, or threatens to share one

Don't pay, stop replying, and tell an adult right away. You are not in trouble. There are ways to get images taken down.

Three people I can talk to

If it feels like too much

Call or text **988** any time, day or night. Someone real will answer. If someone is in danger right now, call **911**.

You are somebody.