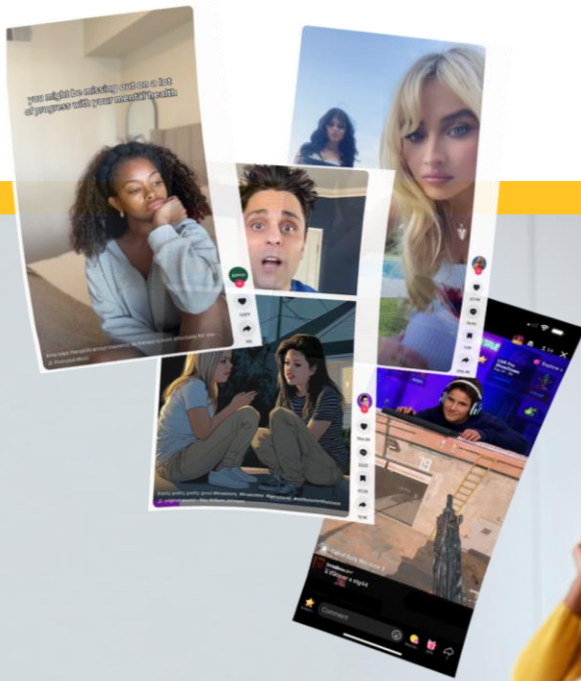


# Don't Be Scared, Be Prepared.

## Digital Safety Tools & Resources



# Resources for Parents & Service Providers

*Kristi House has pulled together some leading sources of online safety information for parents and teens in this Resource Guide. This is not a comprehensive compilation—there are many sources of information on this topic. This guide and the sample sources included, however, provide parents and caregivers information to build a foundation of safety for their children and families.*

## **National Center for Missing & Exploited Children (NCMEC)**

[NetSmartz](#) is a leading online safety education program created by the National Center for Missing & Exploited Children, the nation's non-profit clearinghouse and comprehensive reporting center for all issues related to the prevention of and recovery from child victimization. NetSmartz provides age-appropriate videos and activities to help teach children be safer online with the goal of helping them to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices. Kristi House has used the NetSmartz program in schools and community settings teaching children for more than a decade.

## **Enough is Enough**

[Internet Safety 101](#) was created by [Enough is Enough](#), a non-profit organization dedicated to making the internet safer for children and families. Founded more than 25 years ago, this site has a wealth of resources for parents and other adults including interactive resources to teach kids about safe internet use.

## **U.S. Department of Homeland Security – U.S. Computer Emergency Readiness Team**

[Keeping Children Safe Online](#): This brief provides discussion about child safety online as well as preventing risks to parents' data that children might inadvertently introduce. [Staying Safe on Social Networking Sites](#): This primer on social networks and sharing personal information covers the basics about online risks in a one-pager. It offers practical do's and don'ts when engaging online.

## **Department of Homeland Security – iGuardians**

ICE's Homeland Security Investigations (HSI) is committed to combating the sexual exploitation of children, including education and community awareness regarding the dangers of online activity. [Project iGuardian](#) provides children, teens, parents and teachers with information regarding the potential dangers of online environments and how to stay safe online. They endorse NetSmartz as well.

## **Safety Pledge Website**

Developed with funding support from the Office of Juvenile Justice and Delinquency Prevention, the National Center for Missing and Exploited Children (NCMEC) [Safety Pledge website](#) provides free resources to help parents, educators, and caregivers learn more about the risks that children face online and how to respond safely. NCMEC partnered with the White House and Department of Justice on this campaign to combat online child exploitation.

## **Be Internet Awesome**

Developed by Google, [Be Internet Awesome](#) is a program designed to teach children how to be safe, smart, and kind online. It offers interactive games, educational resources, and lesson plans focused on topics like online privacy, security, digital citizenship, and identifying misinformation. The goal is to help kids develop strong online habits while promoting a positive and respectful digital community.

# Child Safety Offline and Online

## Darkness 2 Light

Offering evidence-based trainer resources, Darkness 2 Light provides online safety information and tips [at this link](#). Darkness 2 Light is the creator of the Stewards of Children curriculum which emphasizes adults' role in keeping children safe from sexual abuse through creation of prevention-oriented communities. Kristi House educators are certified facilitators of the Stewards curriculum, regularly presenting it for community groups and through general audience programs throughout the year.

## RAINN

[How to Filter, Block, and Report Harmful Content on Social Media](#)

RAINN is one of the nation's largest anti-sexual violence groups. Along with a wealth of information about the broad topic of sexual violence, their site also offers tips for deploying social media privacy and safety tools to filter, report, and block harmful content or users on specific social media platforms.

## Shared Hope International and Youth Ending Slavery

[Social Media Safety 101: Recognizing and Fighting Online Sex Trafficking](#)

Shared Hope International is a national leader in the sex trafficking field, dedicated to preventing, restoring and bringing justice to child and youth victims of sex trafficking. Shared Hope International and Youth Ending Slavery teamed up to develop this resource to combat trafficking online.

## Downloadable Tips

English/Spanish

## Resources for Teens

These "Tip Sheets" from NetSmartz are easy-to-follow guides to help parents with key child online safety concerns. Each is a one- or two-page PDF.

### [Gaming Safety Tip Sheet](#)

[Jugar Videojuegos de Forma Segura](#)

### [Internet Safety at Home Tip Sheet](#)

[Seguridad en Internet a Casa](#)

### [Parent's Guide to Smart Phone Safety Tip Sheet](#)

[Guía para Padres Acercadel Usoseguro de Smart Phones](#)

### [Talking to Teens about Sexting Tip Sheet](#)

[Hablando Con Los Adolescentes Acerca del Sexting](#)

### [Sextortion: What Parents Should Know Tip Sheet](#)

[Sextorsión: Lo que los padres deben saber](#)

### [How Do You Use Your NetSmartz? Tip Sheet](#)

[Tienes NetSmartz?](#)

### [Social Media Safety Tip Sheet for Teens](#)

### [How Do You Use Your NetSmartz? Tips for Teens](#)

### [Heads Up: Stop. Think. Connect.](#)

### [Take It Down](#)

From the Federal Trade Commission, this easy-to-read guidebook covers all the pertinent safety topics for protecting oneself against cyberbullying, identity theft and exploitation online.

# Monitoring Apps for Parents

Parental control apps can monitor, restrict, and manage what kids are doing on their digital devices. As [SafeWise](#) explains, they all offer something slightly different and vary according to the age(s) of the children, whether they drive, etc. While apps aren't always 100% foolproof, they are an important tool that can help parents learn more about what their kids are doing online. SafeWise evaluated apps to help parents make choices, and named the top five for 2024 ([here](#)).

## **Bark**

[bark.us](https://bark.us)

Bark is a dashboard that proactively monitors text messages, YouTube, emails, and 30+ different social networks for potential safety concerns. Bark makes it possible for busy parents to save time and gain peace of mind. Bark was ranked in the top five and best for overall monitoring in 2024 by [SafeWise](#). Bark is award-winning, and offers free trials.



# Reporting Abuse

## **Cyber Tipline**

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

**Hotline:** 1 (800) 843 – 5678

Cyber Tipline is the nation's centralized reporting system for the online exploitation of children. In operation since 1998 by NCMEC, the Cyber Tipline is a place where the public and electronic service providers can report suspected online and offline child sexual exploitation.

## **Florida Abuse Hotline**

[reportabuse.dcf.state.fl.us](https://reportabuse.dcf.state.fl.us)

The Florida Abuse Hotline accepts reports 24 hours a day and 7 days a week of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult. Online or by phone 1-800-962-2873.

# Other Important Hotlines

## National Human Trafficking Hotline

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

Hotline: 1-888-373-7888

Text: 233733

*The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year in more than 200 languages.*

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## National Domestic Violence Hotline

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

Hotline: 1 (800) 799-7233

*The National Domestic Violence Hotline (The Hotline) is available for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Available 24 hours a day, 7 days a week via phone and online chat.*

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## Love is Respect

### National Teen Dating Abuse Hotline

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

Hotline: 1 (866) 331-9474

Text: 22522

*Love is Respect offers information, support, and advocacy to young people who have questions or concerns about their dating relationships. Available 24 hours a day, 7 days a week via phone, text, and online chat.*

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## Rape, Abuse, and Incest National Network (RAINN) – National Sexual Assault Hotline

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

Hotline: 1 (800) 656-4673

*RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, [online.rainn.org](https://online.rainn.org) y [rainn.org/es](https://rainn.org/es)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice. Available 24 hours a day, 7 days a week via phone and online chat.*

## Department of Defense (DOD) Safe Helpline for Sexual Assault

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

Hotline: 1 (877) 995 – 5247

*The DOD Safe Helpline is a crisis support service designed to provide sexual assault services for survivors, their loved ones, and other members of the DOD community. Available 24 hours a day, 7 days a week via phone and online chat.*

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## National Runaway Safeline

[1800runaway.org](https://1800runaway.org)

Hotline: 1 (800) 786 – 2929

Email: [info@1800runaway.org](mailto:info@1800runaway.org)

*The National Runaway Safeline provides crisis and support services for homeless and runaway youth in the United States. Available 24 hours a day, 7 days a week via phone, email, forum, and online chat.*

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## National Center for Missing and Exploited Children (NCMEC)

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

Hotline: 1 (800) 843 – 5678

*NCMEC serves as a clearinghouse and comprehensive reporting center for all issues related to the prevention of and recovery from child victimization.*

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## ChildHelp National Child Abuse Hotline

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

Hotline: 1 (800) 422 – 4453

*The ChildHelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential. Available 24 hours a day, 7 days a week via phone and text.*

# Signs and Symptoms of Sexual Abuse

**There is not one symptom or set of symptoms** that would clearly indicate that a child has been sexually abused. This list is only to be used as a guideline. Therefore, it is important to watch for any changes (increases or decreases) in your child's behavior. When concerning behaviors last over days or weeks, occurs frequently, or with intensity, it is important to seek out a professional with expertise in the area of child sexual abuse for a thorough evaluation.

## Expected or Natural Behaviors

- Asks about the genitals, breasts, intercourse, and babies
- Plays doctor, inspecting others' bodies
- Boys and girls are interested in having/birthing a baby
- Show others his/her genitals
- Touches/rubs own genitals when going to sleep, when tense, excited or afraid
- Plays house, may simulate all roles of mommy and daddy
- Talks about sex with friends; talks about having a girl/boy friend
- Wants privacy when in bathroom changing clothes
- Likes to hear or tell "dirty" jokes
- Looks at nude pictures

## Concerning Sexual Behaviors

- Endless questions about sex; sexual knowledge too great for age
- Forces child to play doctor, to take off clothes
- Displays fear or anger about babies or intercourse
- Refuses to put on clothes; exposes self in public after being corrected for behavior
- Touches/rubs self in public or in private to the exclusion of normal childhood activities
- Imitates intercourse with another child
- Forces sex on other child
- Talks about sex and sexual acts a lot
- Repeatedly in trouble in regard to sexual behavior
- Aggressive or tearful demands for privacy
- Still tells "dirty" jokes even after being corrected for behavior
- Continuous fascination with nude pictures

## Additional Potential Signs of Abuse

- Dramatic changes in sleep patterns or behavior
- Running away
- Change in hygiene, weight gain/loss
- Cutting, burning, or causing pain to themselves
- Frequent urinary tract infections
- Fear or resistance to a particular person or setting
- Attempt or talk of suicide
- Loss of interest in activities the child once enjoyed
- Use of drugs or alcohol

**Some child victims never show outward symptoms of trauma** so it is essential that you have good communication with your child.

Talk to your child about what to do if they feel uncomfortable with an adult or adolescent and take care not to leave your child alone in one-child-one-adult situations.

# Signs of Human Trafficking

- Physical and sexual violence are the everyday reality of many sexually exploited children and may leave visible signs of abuse, such as unexplained bruises, black eyes, cuts, or marks.
- Exhibits fear, anxiety, depression, submission, tension, nervousness, “hyper-vigilance” and/or paranoid behavior.
- Poor hygiene, weight changes, malnourishment or fatigue.
- Sexually exploited children and youth often express interest in, or are in relationships with, adults, older men or older women
- Evidence of controlling or dominating relationships, including repeated phone calls from a “boyfriend” or “girlfriend” and/or excessive concern about displeasing partner.
- Unexplained shopping trips or possession of expensive clothing, jewelry, or a cell phone could indicate the manipulation of an exploiter.
- Not in control of their own money.
- Use of lingo or slang from “the life” among peers, or referring to a boyfriend as “Daddy.”
- Secrecy about whereabouts.
- Unaccounted for time, vagueness concerning whereabouts, and/or defensiveness in response to questions or concern.
- Keeping late-night or unusual hours.
- A tattoo that he or she is reluctant to explain may be the result of tattooing or branding by a pimp. Pimps and other sexual exploiters often tattoo or brand children and youth, particularly girls. Youth are commonly branded with their exploiter’s name tattooed on the neck, chest, or arms.
- Wearing sexually provocative clothing can be an indicator of sexual exploitation. But it should be noted, so as not to rely on stereotypes, that not all children in the commercial sex industry wear such clothing. Sexually provocative clothing is not a warning sign in and of itself. Wearing new clothes of any style, or getting hair or nails done with no financial means to this independently, is a more general indicator of potential sexual exploitation.
- Most sexually exploited children have been trained to lie about their age. Sometimes a child’s appearance and/or actions can contradict the information they give. Be sensitive to clues in behavior or appearance that could indicate that a child is underage.
- Personal information – such as age, name, and/or date of birth – might change with each telling of his or her story, or the information given might contradict itself.
- Has no identification or is not in control of own ID documents.
- Has an explicitly sexual online profile via internet community sites, such as Instagram, Kik, Snapchat, TikTok, WhatsApp, Tumblr, Facebook, House Party, Twitter, OnlyFans
- Excessive frequenting of internet chat rooms or classified sites.
- Depicts elements of sexual exploitation or the commercial sex industry in drawing, poetry, or other modes of creative expression. Prints lyrics to sexually explicit music or songs that allude to the sex industry.
- Doctors and nurses can consider frequent or multiple sexually transmitted diseases (STDs) or pregnancies a warning sign.
- Homeless or runaway youth who are in the position of surviving on their own may be forced to exchange sex for survival needs, such as housing or shelter. This can lead to recruitment into the commercial sex industry or a more organized or regular trading of sex for money, shelter, or things of value.
- Youth living in group homes and youth shelters are targeted by exploiters for sexual exploitation.
- Truancy or tardiness from school may be a sign that sexual exploitation is occurring during school hours, or during hours when the young person should otherwise be sleeping.
- Family dysfunction – including: abuse in the home (emotional, sexual, physical, etc.), neglect, absence of a caregiver, or substance abuse – is a major risk factor for CSEC, and therefore may be a warning sign.

If you have information regarding suspected Human Trafficking contact the Abuse Hotline of the Florida Department of Children and Families by calling 1.800.96ABUSE or reporting online, [ReportAbuse@dcf.state.fl.us](mailto:ReportAbuse@dcf.state.fl.us).

# Tips for Talking with Your Kids If You Suspect Abuse

- Find a quiet, non-isolated place to talk.
- Drop to the child's eye level, or sit next to the child.
- Remain calm, be patient, and try not to rush the child.
- Ask the child about the signs in a simple, open-ended style. "I'm worried about you. You seem really afraid and sad." Or, "Is anything bothering you?"
- Listen to the response. Repeat what the child said with a question inflection. "Your uncle touched your privates?"
- Let the child use their own words and repeat their words exactly again, followed by, "Is there anything else?"
- Reassure the child that he or she has done nothing wrong and say, "I care about you. I believe you."
- Tell the child, "This took a lot of courage. I'm proud of you for telling me."
- Refrain from behaviors that will frighten the child, put him or her on the defensive, or cause him or her to relive the abusive events.
- Don't ask questions that begin with "W" like who, where, when, or why.
- Don't overreact or make negative statements about the abuser.
- Don't make judgments or conclusions about the child or abuser.
- Don't interrogate, investigate, or delve deeply into the events.
- Don't ask leading questions or make suggestions about what happened. For example, ask, "How did you get hurt?" rather than "Did someone do that to you?"
- Don't make promises that the information will be kept confidential.
- Don't make any broad promises about the future.

## 5 Steps to Protecting Children™

**These guidelines** provide simple and practical actions you can take to prevent, recognize, and react responsibly to child sexual abuse.

### **Step 1: Learn the Facts**

The facts about child sexual abuse can be staggering, but they can help us understand the risks children face.

### **Step 2: Minimize Opportunity**

If you eliminate opportunities for children to be in isolated, one-on-one situations, you can dramatically reduce the risk of abuse.

### **Step 3: Talk About It**

Children often keep abuse a secret, but talking openly about our bodies, sex, and boundaries can encourage children to share.

### **Step 4: Recognize the Signs**

Don't expect obvious signs when a child is being abused. Signs are often there, but you have to know what to look for.

### **Step 5: React Responsibly**

Be prepared to react responsibly if a child discloses to you, or if you suspect or see that boundaries have been violated.

