

HOW DO I REPORT THIS?

- National Center for Missing & Exploited Children (NCMEC)

<https://report.cybertip.org>

- Federal Bureau of Investigation (FBI)

<https://tips.fbi.gov/home>

- Pennsylvania State Police

<https://www.pa.gov/services/psp/report-criminal-activity-to-pennsylvania-state-police>

- Pennsylvania Office of Attorney General

<https://www.attorneygeneral.gov/get-help>

ONLINE RESOURCES

- Take It Down Act – How to Remove Explicit Images of Yourself

<https://19thnews.org/2025/05/take-it-down-act-signing-explicit-images/>

- National Center for Missing & Exploited Children (NCMEC)

<https://www.missingkids.org/home>

- Federal Bureau of Investigation (FBI)

<https://www.fbi.gov/how-we-can-help-you>

- NCMEC No Escape Room – Virtual Choose Your Own Adventure

<https://noescaperoom.org/>

- NCMEC NetSmartzKids (Age-appropriate materials for younger consumers)

<https://www.netsmartzkids.org/activities/interactive/>

- Pennsylvania Office of Attorney General – Office of Public Engagement

<https://www.attorneygeneral.gov/presentations-schools/>

- Positive Psychology (PERMA-H) – University of Pennsylvania

<https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops>

5+ THINGS YOU CAN DO TODAY

- What applications do your children have on their devices and what are the privacy settings
- Do your children know who each person is in their contact list for each application
- Ask your children what the most difficult aspect of their online world is
- Watch the “no escape room” link and access the resources on how to talk to your children
- Create a unique, complex password for each account (social media, financial, etc.)
- Engage the (3) main credit agencies, TransUnion, Equifax, and Experian, to request a security freeze for your children’s credit (you should also lock yours!)

WARNING BEHAVIORS

- Fresh cuts, scratches, bruises, bite marks, burns, or carvings, such as initials, words or symbols, on the skin
- Wearing long sleeves or pants in hot weather to cover cuts, bruises, or burns
- Engaging in acts of animal cruelty, particularly mutilating or killing family pets
- Sudden changes in appearance, especially neglect of appearance
- Changes in eating or sleeping habits
- Dropping out of activities and becoming more isolated and withdrawn from family or friends
- Changes in depression or anxiety symptoms, or expressions of suicidal ideation
- Newfound interests in satanic, or racially/ethnically motivated propaganda or literature
- Receiving gifts from unknown senders

RECOMMENDATIONS

- Monitor your children’s online activity and discuss the risks associated with sharing personal content.
- Use discretion when posting images, videos, and personal content online, particularly those which include children or their information.
- Run frequent online searches of you and your children’s information to help identify the exposure and spread of personal information on the internet.
- Apply privacy settings on social media accounts—including setting profiles and your friends’ lists as private.
- Consider using reverse image search engines to locate any photos or videos which have circulated on the internet without your knowledge.
- Be cautious when communicating with individuals you do not know personally. Photos or videos can be screen-captured, recorded, manipulated, shared without your knowledge or consent, and used to exploit you.
- Do not provide any unknown individuals with money or items of value. Complying does not guarantee your sensitive photos, or content will not be shared.
- Use discretion when interacting with known individuals who appear to be acting outside their behavior. Malicious actors manipulate hacked social media accounts.
- Secure social media and other online accounts using complex passwords or passphrases and multi-factor authentication.
- Research the privacy, data sharing, and data retention policies of social media platforms, apps, and websites before uploading and sharing images, videos, or other personal content.

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[The Anxious Generation — from a book to a movement](#)

Nationwide Movement – Smartphone Free Childhood

[Join The Movement — Smartphone Free Childhood US](#)

[Phone-Free Schools Movement | Protecting Student Well-Being](#)

Podcasts:

[Scrolling 2 Death](#) – Concerns the dangers of social media

[Left To Their Own Devices](#) – Concerns the dangers of social media

Facebook:

Officer Gomez – School Resource Officer with great information and tips

Film:

Can't Look Away – Concerns the dangers of social media

[Can't Look Away | Watch on Jolt.Film](#)

Informative websites:

- [Defend Children from Sexual Abuse | Thorn](#)
- [NetSmartz Home](#)
- [Children's Screen Time Action Network](#)
- [Heat Initiative](#)
- [ParentsTogether - News and info to help all families thrive](#)

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