RESOURCE GUIDE

ONLINE SAFETY, GROOMING & SEXTORTION

EYES UP
— APPALACHIA —

HOW TO USE THIS GUIDE

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EYES UP
APPALACHIA

INTRODUCTION

Thank you for using this resource on online safety, grooming, and sextortion. Eyes Up Appalachia, with funding from the Foundation for Appalachian Ohio, hosted a series of stakeholder meetings throughout Appalachian Ohio to determine how best to prevent human trafficking in the region. One of the themes that emerged was social media and technology. There are many things short of human trafficking that make someone more vulnerable to it, in this instance, sexting, online grooming, and sextortion. These resources are provided to better equip you or someone in your care to prevent sexual exploitation. There are also resources you can access if you have shared images or have been exploited and need help.

TABLE OF CONTENTS

Click on the underlined text in the Table of Contents to go to the resources you are looking for. Once there, click on the underlined text to go directly to the webpage for each resource. See the index at the end of this Resource Guide for written links to each resource.
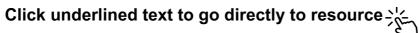
RESOURCES FOR CAREGIVERS

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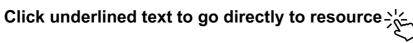| Resource	Description
<u>Kids, Puberty, & Tech</u> from Thorn	Quick overview of how kids grow and develop, and how that relates to the online world. Includes short pieces of advice on what topics to cover and things to expect.
<u>Sextortion Prevention & Response</u> from Thorn	Discussion guide to help caregivers facilitate family discussion on sextortion.
<u>Parent Guide to Preventing Child Trafficking</u> from Love146	Thorough yet concise guide about what trafficking is, what grooming looks like, and dispelling myths about trafficking. Includes case study examples and resources at the end.
<u>Lean on Me</u> from RAINN	Video on safeguarding children from online grooming.
<u>How We Can Help You</u> from the FBI	Variety of resources for families on sextortion.

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RESOURCES FOR CAREGIVERS

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Resource	Description
<u>Love & Trafficking</u> from Polaris Project	Survivor stories and social media resources to educate about grooming, exploitation, and control.
<u>Sextortion: What Parents Should Know</u> from NCMEC	Information for caregivers on sextortion.
<u>Online Safety Issues</u> from Internet Matters	List of different safety issues with information on what they are, what to look out for, and how to address them.
<u>Digital Family Agreement</u> from Internet Matters	Template for discussing and creating online expectations in a family unit.
<u>Parental Controls</u> from Internet Matters	Information on parental controls, searchable by device, search engine, wifi provider, social media platform, or gaming console. Includes a checklist for setting up devices with parental controls.
<u>Online Grooming: What Parents Need to Know</u> from Internet Matters	Explains what online grooming is, and provides conversation topics, warning signs, etc.

RESOURCES FOR YOUTH

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ALL AGES	
Resource	**Description**
NetSmartz from NCMEC	Videos, PDFs, and online games on internet safety.

ELEMENTARY SCHOOL	
Resource	**Description**
It's Ok to Tell from NetSmartz	Video explaining that children should tell a trusted adult about online activity that makes them feel scared or uncomfortable.
Safe Online Surfing Program from the FBI	Online game focusing on internet safety.

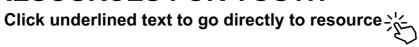| MIDDLE/HIGH SCHOOL	
Resource	**Description**
Stop Sextortion from Thorn	Online resources on preventing sextortion and where to go for help.
Real Friends Don't from McCain Institute	Online resources for youth on grooming and internet safety.

RESOURCES FOR YOUTH

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MIDDLE/HIGH SCHOOL	
Resource	**Description**
<u>Welcome to the Internet</u> from Love 146	Online resources for youth on internet safety.
<u>You Sent a Sext. Now What?</u> from NCMEC	Handout for youth who have engaged in sexting.
<u>So You Got Naked Online</u> from Internet Matters	Online module, also available via audio or PDF (friendly for those on Autism spectrum).
<u>Stop Sextortion</u> from Blue Seat Studios	Video explaining what sextortion is, how to prevent it, and how to ask for help.
<u>Ohio Office of Juvenile Justice & Delinquency Prevention</u>	List of resources and where to seek help.
HIGH SCHOOL	
Resource	**Description**
<u>Love & Trafficking</u> from Polaris Project	Survivor stories and social media resources to educate about grooming, exploitation, and control.

RESOURCES ON SEXTORTION

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Resource	Description
<u>Sextortion Research & Insights</u> from Thorn	General information on sextortion.
<u>The Growing Threat of Sextortion</u> from Thorn	Blog post with statistics and additional information on sextortion.
<u>Survivor Survey</u> from Thorn	2017 study of 2,097 survivors of sextortion.
<u>Victim of Sextortion Speaks Out</u> from the FBI	Short video of survivor telling her story.

FIND HELP

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WHERE TO REPORT	
Contact Information	**Agency**
Report <u>Sextortion</u> or <u>Internet Crimes</u> 1-800-CALL-FBI	Federal Bureau of Investigation
<u>Take It Down</u>: Help Removing Nude/Sexual Photos of Minors <u>Cyber Tipline</u>: Report Online Sexual Exploitation of Children Call 1-800-THE-LOST	National Center for Missing and Exploited Children
Call 888-373-7888 Text 233733 (BeFree) <u>Chat Online</u>	Human Trafficking Hotline
Call 911 for Emergencies <u>Ohio Law Enforcement Directory</u>	Local Law Enforcement
RESOURCES FOR SURVIVORS	
Organization	**Highlighted Resources**
<u>Team HOPE</u> facilitated by NCMEC	Trained peer support volunteers assigned based on similar lived experiences. Also includes other educational resources.
<u>Thorn</u>	Educational resources and resources on where to find help (scroll to end of page).

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RESOURCES FOR CAREGIVERS

Kids, Puberty & Tech from Thorn: https://parents.thorn.org/situation/

Sextortion Prevention & Response from Thorn:
https://parents.thorn.org/guides/sextortion/

Parent Guide to Preventing Child Trafficking from Love146:
https://love146.wpenginepowered.com/wp-content/uploads/2021/01/Caregiver-Guide.pdf

Lean on Me from RAINN: https://www.rainn.org/lean-on-me

How We Can Help You from the FBI: https://www.fbi.gov/how-we-can-help-you/scams-and-safety/common-scams-and-crimes/sextortion

Love & Trafficking from Polaris Project: https://polarisproject.org/love-and-trafficking/

Sextortion: What Parents Should Know from NCMEC:
https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/sextortion-what-parents-should-know.pdf

Online Safety Issues from Internet Matters:
https://www.internetmatters.org/issues/

Digital Family Agreement from Internet Matters:
https://www.internetmatters.org/resources/digital-family-agreement-template/

Parental Controls from Internet Matters: https://www.internetmatters.org/parental-controls/

Online Grooming: What Parents Need to Know from Internet Matters:
https://www.internetmatters.org/resources/online-grooming-guide-what-parents-need-to-know/

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RESOURCES FOR YOUTH

Netsmartz from NCMEC: https://www.missingkids.org/netsmartz/resources

It's Ok to Tell from NetSmartz: https://www.youtube.com/watch?v=ZMFrvv8dUnM

Safe Online Surfing Program from the FBI: https://sos.fbi.gov/en/

Stop Sextortion from Thorn: https://www.stopsextortion.com/#cmr--know

Real Friends Don't from McCain Institute: https://realfriendsdont.org/teens/

Welcome to the Internet from Love146: https://love146.org/online-safety/

You Sent a Sext. Now What? from NCMEC:
https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/You
_Sent_A_Sext_Now_What.pdf

So You Got Naked Online from Internet Matters:
https://www.internetmatters.org/inclusive-digital-safety/so-you-got-naked-online-
guide-for-young-people/

Stop Sextortion from Blue Seat Studios: https://www.youtube.com/watch?
v=9yQ3fdttbUk

Ohio Office of Juvenile Justice & Delinquency Prevention:
https://ojjdp.ojp.gov/publications/sextortion-victim-resource-sheet.pdf

Love & Trafficking from Polaris Project: Love & Trafficking from Polaris Project

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RESOURCES ON SEXTORTION

Sextortion Research & Insights from Thorn: https://www.thorn.org/sextortion/

The Growing Threat of Sextortion from Thorn: https://www.thorn.org/blog/the-growing-threat-of-sextortion/

Survivor Survey from Thorn: https://www.thorn.org/wp-content/uploads/2019/12/Sextortion_Wave2Report_121919.pdf

Victim of Sextortion Speaks Out from the FBI: https://www.youtube.com/watch?v=ixAYkkub4Pw&t=157s

WHERE TO REPORT

Report Sextortion to the FBI: https://tips.fbi.gov/home

Report Internet Crimes to the FBI: https://www.ic3.gov

NCMEC Take it Down: https://takeitdown.ncmec.org

NCMEC Cyber Tipline: https://www.missingkids.org/gethelpnow/cybertipline

Human Trafficking Hotline: https://humantraffickinghotline.org/en/chat

Ohio Law Enforcement Directory: https://www.ohioattorneygeneral.gov/law-enforcement/law-enforcement-directory

RESOURCES FOR SURVIVORS

NCMEC Team Hope: https://www.missingkids.org/gethelpnow/support/teamhope

Thorn: https://www.thorn.org/sextortion/