

Online abuse: Spot it, stop it.

Learn what online abuse looks like when it's happening to kids, and pledge to protect them. **You may be the only one who will.**

How online abuse looks

- Sudden dramatic increase in time spent online
- Seem distant or angry after going online or while texting
- Secrecy about who they're talking to or what they're doing online
- Sudden appearance of many new phone, social, or email contacts
- Anxious, self-harming, or behavioral problems

What to do about it

- Listen carefully to what they're saying
- Tell them they did the right thing by telling you
- Tell them it's not their fault and that you take this seriously
- Don't confront the alleged abuser
- Explain to the child what will happen next, then report to authorities.



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