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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