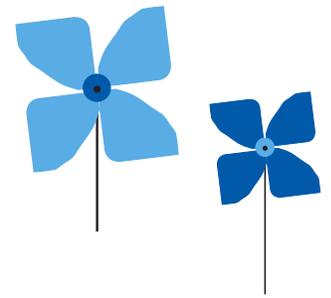


BE AWARE!

Not all abuse is physical



EMAILS / FACEBOOK / CHATTING/ SNAP CHAT / TEXTING...BE SAFE ONLINE!

-  The internet is a public space with real consequences. Don't say or do anything you wouldn't do in person. Once something is posted on the internet, it can never be taken back.
-  You deserve privacy! Don't give friends or your partner your passwords.
-  Be cautious with what you post or share publicly about your relationship.
-  Choose passwords that are hard to guess and change them often.
-  If you are feeling bombarded with text, emails, or other online communication, it might be a good idea to change your cell phone number or email address. Social media can also be very overwhelming, so it's a good idea to only accept friend requests and communication from people that you are actually friends with outside of the internet. If you are feeling like your partner is not respecting your personal space, you can change the privacy settings on your social media. If it becomes threatening in any way, you should cut ties online as much as you can.
-  Remember that everything you post or share online is visible to whoever is checking. It is smart to keep some aspects of your life off the internet. Pictures, comments, status updates, and check-ins should be considered and reviewed with caution before you click "post." All of this information makes it very easy for someone who is trying to track your activities. Generally speaking, don't put things about yourself online that you don't want anyone and everyone to know.
-  Avoid discussions about your relationship. You may not think your partner has access, but remember, people are not always who they seem to be.
-  Don't delete offensive, threatening or unwanted social media items. Share your concerns with an adult.



For more information, call (847)377-3155
or visit our website:
www.friendsoflccac.org

