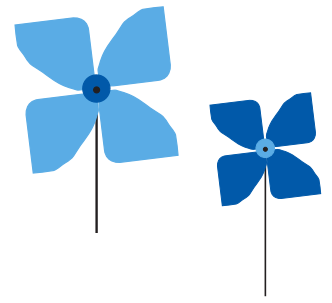


# CYBER WORLD

*Not all abuse is physical!*



## TIPS IN CYBER SAFETY

- **Consider changing your cell phone number.** If you are concerned that changing your number could escalate the abuse, consider leaving phone on and active. This way, all activity can be tracked and recorded by law enforcement. You can also consider call blocking if you decide not to disconnect your phone. Discuss with friends a strategy to prevent abusive partner from getting the new number.
- **Make your profile private.** Be aware of how much you reveal about your contact information, class and work schedules, extracurricular activities, social events and daily routines.
- **Google yourself.** Periodically check to see what information pops up about you. If you come across information that contains personal information, consider contacting website host for removal of the information.
- **Preserve cell phone / texts / and electronic evidence.** Recording threats, saving texts and printing website communication can be an essential piece of evidence in a teen dating violence case.

Although these tools can be misused by the abusive partner, they are not the problem. The power and control of the abusive partner is the real problem. Restricting and avoiding technology is not the answer. How to use it safely and productively is.

## SHARE WITH CARE

- **Your online actions can have real-world consequences.** The pictures you post and the words you write can affect the people in your life. Think before you post and share.
- **What you post could have a bigger “audience” than you think.** Even if you use privacy settings, it’s important to completely control who sees your social networking profile, pictures, videos or texts. Before you click “send,” think about how you will feel if your family, teachers, coaches or neighbors find it.
- **Once you post information online, you can’t take it back.** You may think that you’ve deleted information from a site – or that you will delete it later. Know that older versions may exist on other people’s computers. That means your posts could live somewhere permanently.
- **Get someone’s okay before you share photos or videos they’re in.** Online photo albums are great for storing and sharing pictures of special events, and camera phones make it easy to capture every moment. Stop and think about your own privacy –and other people’s – before you share photos and videos online. It can be embarrassing, unfair and even unsafe to send or post photos and videos without getting permission from the people in them.



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

