



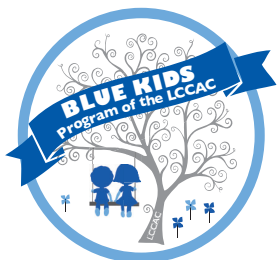
## YOUTH SUPERHERO POWERS

# Be aware...not all abuse is physical



**Always be safe with emails, facebook, chatting, snap chat and texting.**

- 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.
- 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 block people, change your cell phone number or email address.
- Social media can be very overwhelming, it's a good idea to only accept friend requests and communication from people that are your actual friends.
- Remember people are not always who they say they are on the internet.
- Be cautious with what you post or share publicly about your relationship.
- 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.
- 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](http://www.friendsoflccac.org)

