

Helpful Tips to Keep You Safe Online and Outside Your Home

- **There's an app for that.** Not all social media is bad. When used responsibly, it can open up a whole new world of possibilities.
- **Real life in a technology-driven world.** Be aware! Technology, social media, and online environments can distract us, or even deter us, from engaging in real-life relationships.
- **Studies show...** Scientific studies and real-life case studies have shown that social media can positively or negatively affect our mood and self-esteem. Social media can also lead to an unrealistic version of reality. Stay connected to face-to-face relationships to keep yourself grounded in what is real.
- **Remove your location.** No one needs to know where you are, all the time, based on your social media pictures or status. Change your location settings to off, including your camera, with the following steps...
 - **For Android:** Systems – Security & Location – Privacy – Location – App-Level Performance
 - **For iPhone:** Settings – Privacy – Location Services
- **Check those pictures.** Responsibly clean up the pictures you have already posted, when your location settings were not set to a safer mode, by downloading the \$0.99 app called Degeo. It will let you disable/remove the geotag from photos that you don't want to delete. You can pick photos from your Camera Roll, clean them up to remove the metadata that stores the location, and then share them or export them again with no location data attached. It's important to remember that you **MUST** delete the current photo from online sources, social media, etc - clean it up, and then repost it.
- **Expose the trap.** Human trafficking recruiters are setting traps for American children that have just the right bait to lure them into their clutches. Be aware of your surroundings, the people you are with, and your emotional state, so you don't fall victim.
- **Reveal the bad decisions.** Age-appropriate case studies illustrate how one bad decision has forever changed the lives of real children and teens just like them. Evaluate your decisions, to make sure they are for your good, not harm.
- **Show the hiding places.** Know that traffickers' hiding places are right where you are hanging out.
- **Know how to stay invincible.** Keep in mind the things to NEVER do and things to ALWAYS do.
- **Take action.** You have the power to help a friend who is being trafficked by watching for the red flags and help them get the help they need.

If you are the victim of a trafficking situation, and can get to a phone, send a text to "BeFree" (233733). Give as many details about your location as possible, such as street names, city, model and color of the car, license plate...anything that would make authorities aware of your location.

**Text additional questions to our
Pure Truth Text Line: 817-835-9898**