



Eyes Wide Open Preventing Digital Exploitation

The **FBI Newark Citizens Academy Alumni Association** in partnership with **bergenPAC's Performing Arts School** has created a virtual or in person assembly program that is designed to educate students and parents on the dangers of digital exploitation. The rise of digital communication has brought unparalleled opportunities for connection and learning, but it also presents significant risks, particularly for children and teens. "Eyes Wide Open—Preventing Digital Exploitation" is a comprehensive educational program dedicated to safeguarding young people against the growing threat of sextortion and other forms of digital exploitation.

Understanding Sextortion

Sextortion is a form of blackmail where offenders manipulate or coerce children into providing sexual content, engaging in sexual activities, or even paying money. Often, these predators pose as someone the child knows or trusts, luring them into sharing sensitive material, which is later used as leverage for further exploitation. Worldwide there has been a sharp increase in sextortion cases, highlighting the urgent need for awareness and prevention.

Program Objectives

1. **Awareness:** Educate children, teens, parents, and educators about the tactics used by online predators and the dangers of sextortion.
2. **Prevention:** Provide practical tips and strategies for children and teens to protect themselves from becoming victims, including understanding the red flags and how to respond to inappropriate requests.
3. **Support:** Empower victims by offering guidance on how to seek help, report incidents, and remove harmful content from the internet.

Key Messages for Children

- **Stay Safe Online:** Avoid taking or sharing images you wouldn't want everyone to see, and never forward revealing images of others.
- **Speak Up:** If you feel uncomfortable or pressured online, talk to a trusted adult or friend. Remember, you are not alone, and it's never your fault.
- **Recognize Red Flags:** Be aware of behaviors like excessive flattery, secretive communication, or requests for revealing images. If someone is trying to blackmail you, do not comply—seek help immediately.

Guidance for Parents

- **Start Early:** Introduce the concept of online safety and manners (“netiquette”) from a young age and build on these lessons as your child grows.
- **Stay Involved:** Regularly discuss your child's online activities, set clear rules, and establish open communication. Let your child know you are always there to support them.
- **Recognize Warning Signs:** Be alert to changes in behavior, such as excessive time online, secretive actions, or unusual gifts, which could indicate grooming or exploitation.

Our Commitment

"Eyes Wide Open—Preventing Digital Exploitation" is more than just an educational initiative; it's a lifeline for children and families navigating the complex digital world. By fostering awareness, encouraging proactive prevention, and providing vital support, we aim to create a safer online environment for all children.

To learn more about sextortion and how to protect your family, visit the NCMEC Sextortion page or download their comprehensive report. If you or someone you know is facing sextortion, please reach out to NCMEC or another trusted resource immediately.



Eyes Wide Open Preventing Digital Exploitation

Dear Parents/Guardians,

In today's digital world, it's crucial to equip our young people with the tools they need to stay safe online. We're excited to introduce our new program, "**Eyes Wide Open—Preventing Digital Exploitation**," and sincerely thank you for allowing your children to participate.

While the internet offers great opportunities, it also poses serious risks, especially for children and teens who may not fully understand the dangers. One of the most concerning threats is sextortion—blackmail where predators manipulate children into providing sexual content or money. The rise in these cases highlights the urgent need for education and prevention.

Our program aims to raise awareness, promote prevention, and provide support against sextortion and other forms of digital exploitation.

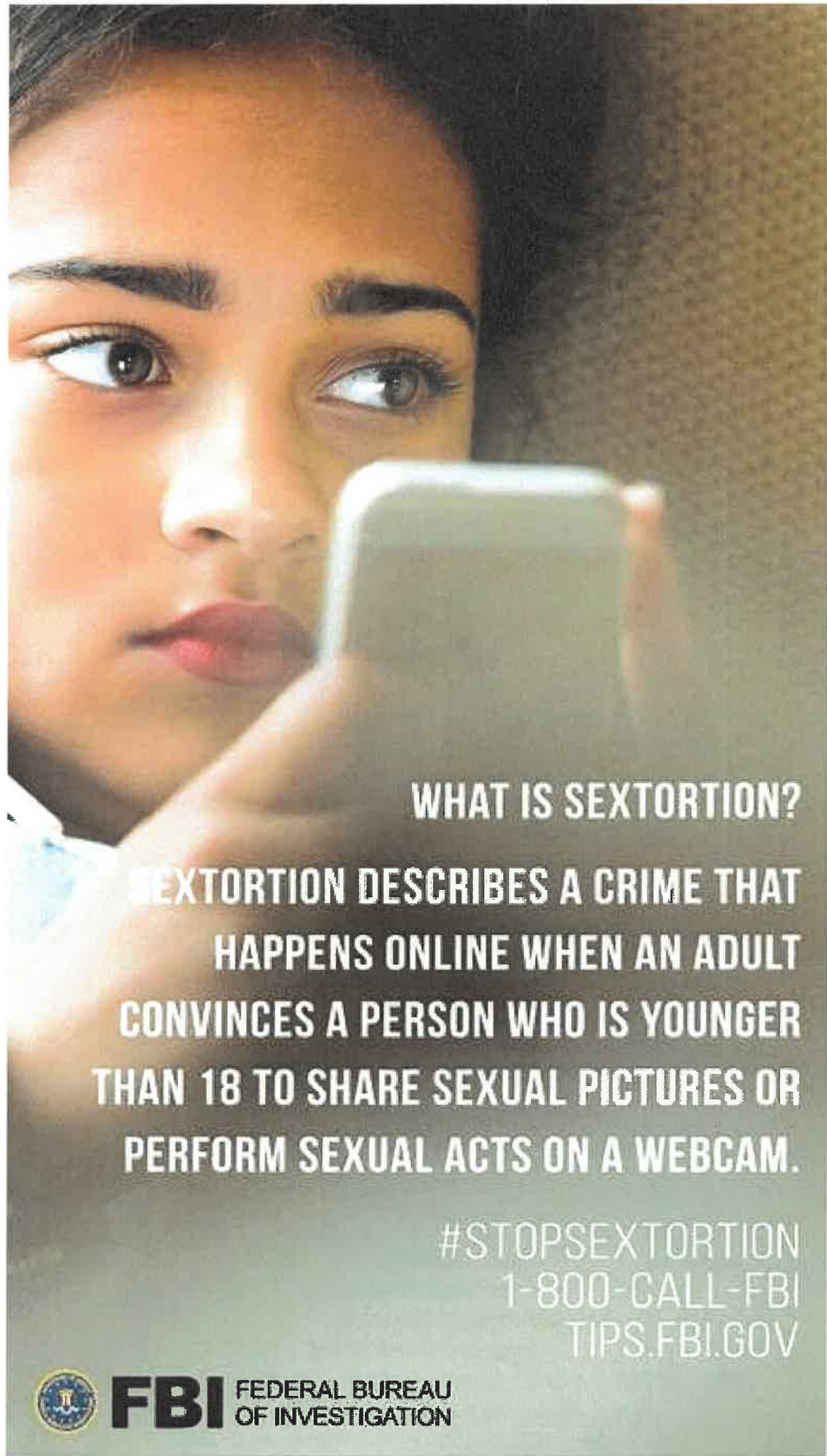
Your role as parents and guardians is key in reinforcing these lessons. We encourage you to start early conversations about online safety, stay involved in your child's online activities, and keep communication open. Students will receive a sticker that contains a QR code with easy accessible links to more in depth information and resources.

We are honored to be part of your child's journey to safely navigating the digital world. Together, we can empower them to recognize risks and seek help when needed.

Thank you for your support. Please feel free to reach out if you have any questions or need more resources.

Sincerely,

FBI Newark Citizens Academy Alumni Association
The Performing Arts School at bergenPAC



WHAT IS SEXTORTION?

SEXTORTION DESCRIBES A CRIME THAT HAPPENS ONLINE WHEN AN ADULT CONVINCES A PERSON WHO IS YOUNGER THAN 18 TO SHARE SEXUAL PICTURES OR PERFORM SEXUAL ACTS ON A WEBCAM.

**#STOPSEXTORTION
1-800-CALL-FBI
TIPS.FBI.GOV**



FBI FEDERAL BUREAU
OF INVESTIGATION



Are you being pushed or threatened into sending explicit pictures or videos online?

Tell a trusted adult or contact the FBI at 1-800-CALL-FBI.

You are not in trouble.
There's help.
There's hope.

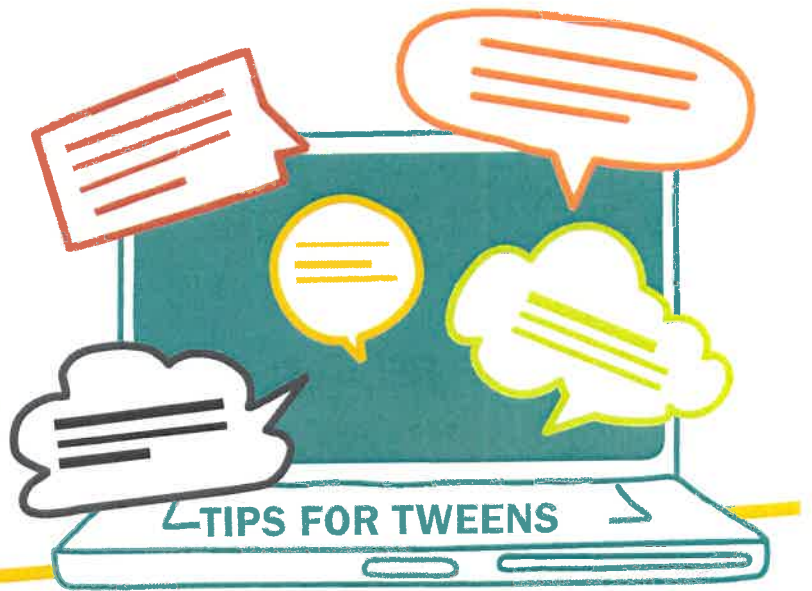
This can be a crime

#StopSextortion



FBI FEDERAL BUREAU OF INVESTIGATION

YOUR NETSMARTZ



CYBERBULLYING

Don't be mean.

Gossiping doesn't make you cool.

Ignore. Block. Tell.

Ignore mean or threatening messages, block the sender, and tell a trusted adult who can help you report them.

Speak up

if your friends are cyberbullying someone.



ONLINE PREDATORS

Recognize the difference between cute and creepy.

An older guy who wants to date someone much younger is just creepy

Don't just sit there - REPORT

anyone who asks to meet you in person to the police and CyberTipline.org.



SHARING TOO MUCH

Avoid TMI.

Don't post anything too personal or embarrassing.

Protect your space.

Use privacy settings and don't accept just anyone as a friend.



TRUSTED ADULTS

Talk to your parents or guardians

about what you're doing online. They're not as bad as you think.

For more resources visit
Missingkids.org/NetSmartz/Resources.

Take **It** Down

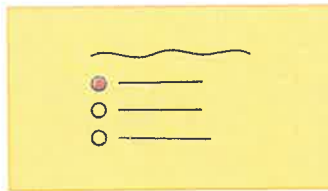
Having nudes online is scary,
but there is hope to get it
taken down.

Take It Down is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old.



Here's how it works:

Visit TakeItDown.NCMEC.org and click on "Get Started".



Answer a few simple questions.



Select the image or video on your device that you're concerned about.



Take It Down will assign a unique digital fingerprint, called a hash value, to the image or video.



The hash will be shared with participating online platforms that can use it to detect copies of these images or videos on their services and take action to remove the content or limit the spread. This all happens without the image or video ever leaving your device or anyone viewing it, and you don't have to share any personal information.



Remember, losing control of your image could happen to anyone, and you're not alone. **For more information about how NCMEC can help, visit**

TakeItDown.NCMEC.org

Service operated by



CyberTipline

CyberTipline.org • 1-800-THE-LOST

Take **It** Down

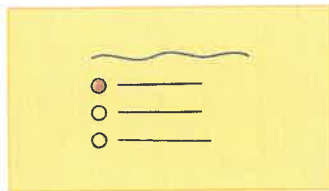
Tener desnudos en línea da miedo , pero hay esperanza de que sean removidos-taken down.

Take It Down es un servicio gratuito que puede ayudarte a eliminar o detener el intercambio en línea de imágenes o videos desnudos, parcialmente desnudos o sexualmente explícitos que fueran tomados antes de que cumplieras los 18 años.



Así es como funciona:

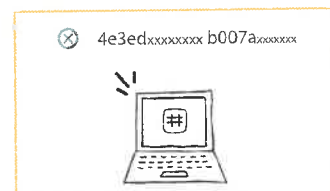
Visita TakeltDown.NCMEC.org y has clic en "Comenzar".



Responde algunas preguntas simples.



Selecciona la imagen o el video que te preocupa en tu dispositivo.



Take It Down funciona mediante la asignación de una huella digital única, llamada valor hash, a una imagen o video.



El valor hash se comparte con las plataformas en línea participantes para que puedan detectar esta imagen o video en sus servicios y eliminar este contenido o limitar su circulación. Todo esto sucede sin que la imagen o el video salgan de tu dispositivo o sin que alguien lo vea y no tienes que compartir ninguna información personal.



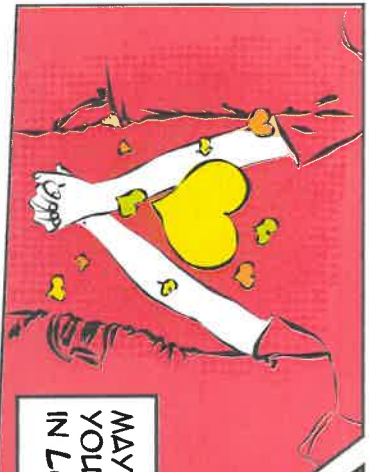
Recuerda, perder el control de una imagen le puede pasar a cualquiera, pero no estás solo. Para obtener más información sobre cómo NCMEC puede ayudar, visita

YoDecido.NCMEC.org

Servicio operado por



CyberTipline
CyberTipline.org • 1-800-THE-LOST



MAYBE YOU FELT IN LOVE.



MAYBE IT WAS A JOKE OR DARE.



MAYBE IT FELT LIKE YOU DIDN'T HAVE A CHOICE AT ALL.

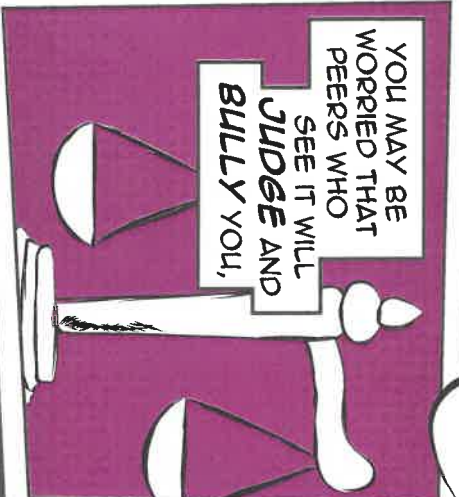
NO MATTER WHY YOU DECIDED TO SEXT, YOU PROBABLY THOUGHT THAT IT WOULD **STAY PRIVATE**.

ONLY IT DIDN'T.



NOW YOUR PHOTO OR VIDEO IS OUT THERE.

AND YOU DON'T KNOW WHAT TO DO.



YOU MAY BE WORRIED THAT PEERS WHO SEE IT WILL JUDGE AND BULLY YOU.



OR THAT YOUR FAMILY WILL BE ANGRY AND DISAPPOINTED.

YOU MAY FEEL LIKE THERE'S NOTHING YOU CAN DO TO ESCAPE THIS SITUATION.

BUT THAT'S NOT TRUE!

WHILE YOU CAN'T GET YOUR IMAGE BACK, YOU CAN TAKE STEPS TO:

- ★ GET IT REMOVED FROM WEBSITES.
- ★ HELP STOP IT FROM SPREADING.
- ★ GET EMOTIONAL SUPPORT.
- ★ DEAL WITH BULLIES.

TAKE CONTROL OF THE SITUATION AND YOUR LIFE AGAIN

USE THESE TIPS

REPORT

This is one of the best ways to stop your image from spreading. If it is on a website/app or being shared without your consent.

REPORT IT:

- **To the website or app.** Trustworthy websites/apps work hard to keep off sexual images of minors and will remove them if notified. You can also report anyone who is posting or sharing images of you. For more information about reporting to popular websites/apps, visit MissingKids.org/GetHelpNow.
- **To CyberTipline.org.** This tipline can connect you with the experts best suited to work on your case. They may contact the website or the police, or reach out to you for more details. You can report without sharing your name and can even make a report for a friend if they need help.
- **To the police.** They can help stop your image from spreading by working with websites/apps and talking to the people sharing it. You should know if the police get involved, you could face some consequences, too. It's illegal to share sexual images of minors even if they are of you. You may not be charged with a crime, but you may have to attend classes or complete community service.
- **To a teacher.** If your pictures are being shared around school, your teachers and school administrators can help stop it by making clear there are consequences for sharing them.

GET SUPPORT

One of the worst things about a sexting incident is feeling like you're facing everything alone. But you have people who care for you and want to help. Talk to them!

- **Your friends** can stand up for you by refusing to forward the image and making it clear that it's not cool to share the image or bully you.
- **A trusted adult** can offer advice, help you report, and help you deal with other complicated things. It could be your mom, dad, an aunt, a school counselor, or anyone you trust and are comfortable talking to.
- **Teachers** can remind your classmates and peers about your school's rules and codes on bullying and help put a stop to any bullying behavior.
- If you feel that your school is ignoring the bullying, ask your **mom, dad, or guardian** for help. They can champion your case at your school, with your teachers, and other adults.

DON'T GIVE UP

Having a nude or sexual image of yourself floating around is scary. It can make you feel vulnerable and isolated. But remember, **other teens have been in the same situation you are – and they have beaten it.**

The people who have taken advantage of you want you to feel powerless. **But you are not powerless.** You are strong. You can take charge of your situation and take back control of your life.

What if I'm being blackmailed?

Blackmail is when someone tries to threaten or scare you into doing something. For example, teens may share sexual images with people they trust, only to have those people turn on them. They may threaten to send the images to teens' families unless the teens share more images.

If you're being blackmailed, you may feel helpless or guilty. You may think you don't have the right to say "no" because you shared the first image willingly. **WRONG!** Blackmail is illegal and you don't have to take it.

YOU SHOULD:

- Stop any communications with blackmailers. They'll try to use your conversations to threaten and manipulate you – don't give them the chance. Even if you have already started communicating with them, it's never too late to stop and report it.
- Block or remove the blackmailer from your contact list. If you decide to deactivate your accounts, contact the websites/apps for help.
- Make a report to the police and CyberTipline.org right away. Seriously. They can help. They may want to see any messages you've received from the blackmailer.

For more resources visit MissingKids.org/NetSmartz/Resources.

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NetSmartz

A program of the
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

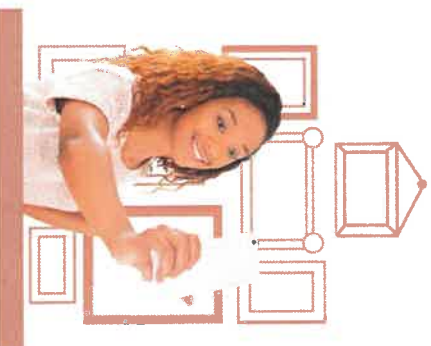
THINK BEFORE YOU SEND

NetSmartz[®]



THINK ABOUT THE CONSEQUENCES

of taking, sending, or forwarding a sexual picture of someone else, even if it's of you. You could face embarrassment at school or home, and in some cases, even a police investigation.



NEVER TAKE

images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employer—to see.



BEFORE HITTING SEND

remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends' friends, and so on...



IF YOU FORWARD

a sexual picture of someone without their consent, you are violating their trust and exposing them to potential ridicule. It's not up to you to decide who should see their body, so don't forward the image to anyone.



IF ANYONE PRESSURES

you to send a sexual picture, don't give in and talk to an adult you trust. Remember that anyone who tries to get you to do something you are uncomfortable with is probably not trustworthy.



CyberTipline.org • 1-800-HH-HOPE

If explicit content of you or someone you know is online, visit MissingKids.org/GetHelpNow to learn how to contact various online platforms about removing your content. Report explicit online content to CyberTipline.org.

Sextortion:

What Parents Should Know

NetSmartz®



Sextortion:

A form of child sexual exploitation where children are threatened or blackmailed, most often with the possibility of sharing with the public nude or sexual images of them by a person who demands additional sexual content, sexual activity or money from the child. This crime may happen when a child has shared an image with someone or when someone creates fake explicit content of the child.

How Do the Offenders Gain Access?

The victim often knows their offender, who is typically a current or former romantic partner. In other instances, the offender is someone the victim only knows online. In financial sextortion, the offender often makes initial contact online and victimization happens quickly after that. Additionally, the offender might create explicit content using generative AI and use it to victimize the child.

1 Approach

The offender typically **initiates contact with a victim on a social media platform**, using it to learn about the child's interests, friends, school, family, etc. They then ask the child to **move to a second or third platform** that uses encrypted messaging systems. The sextortion may also be perpetrated by an **ex-romantic partner** who received the image from the victim.

2 Coercive Tactics

Offenders use **various tactics**, such as offering something of value (money, drugs) in exchange for sexual material, pretending to work for a modeling agency, pretending to be younger and appear to have a romantic interest, creating fake sexual material of the child or hacking accounts to steal sexual images.

3 Threats

The offender may use the **threat of spreading the image** to force the victim into staying in or returning to the relationship, acquiring additional sexual content or obtaining money from the child. They may also **threaten to physically assault the child or their family**, or ruin the child's life with false narratives.



What Can You Do?

1 Get Involved

- **Actively participate** in your children's digital lives.
- **Regular check-ins** about online interactions should be the norm.
- Set online and offline behavioral **expectations**.



2 Talk About Sexuality and Relationships

Have **regular discussions** about your family's expectations and values regarding sex and relationships. Discuss the **characteristics of healthy relationships**, such as having and respecting boundaries and practicing consent. Explain that both pressuring someone and being pressured into uncomfortable or unsafe sexual behaviors are **not okay**. Help children understand that they should **never forward sexts** they may receive from others, as limiting the image's spread reduces the risk of it falling into dangerous hands.

3 Empower Your Child

- Provide resources that your child can reach out to, such as **TakeltDown.NCMEC.org** and **CyberTipline.org**.
- Teach your child how to **report** someone.
- **Remind them** that sextortion is a crime, **it is not their fault** and you are here to help them.



For more resources, visit [NCMEC.org/NetSmartz](https://www.ncmec.org/NetSmartz)