How can I protect myself ONLINE?

Do not give out personal information

- Don't trust anyone that you meet for the first time online.
- Set your privacy settings as high as possible. If your social media accounts can be accessed by anyone, they can figure out exactly who you are, where you live, where you go to school etc.

Do not be deceived

- Remember that traffickers often use fake profiles and pretend to be someone else online. It is easy to edit photos or videos and pretend to be someone else.

Ignore all suspicious accounts

- Ignore (block if you can!) any messages from strangers.
- Be suspicious if you meet someone online on a specific app or game, and they want to talk to you through a different platform.
- If you receive a message or request that seems strange, block the sender and report the person to the site administrator.

Digital tattoo

- Remember that anything you post online (text, photos, videos) can all be made public and will be online forever! It's like a digital tattoo.

Consult us

- If you have been deceived by a stranger online, tell someone. If you don't have a safe adult that you can trust, contact us for advice.
- If you are chatting with a stranger online who is asking you to send nude photos or videos, then you are at high risk of being trafficked. Already exploited with no way out? We can support you!