

HUMANNATEA FOR ALL™

UNAPOLOGETICALLY

for the children™

WHAT TO DO IF SOMEONE'S MAKING YOU FEEL UNCOMFORTABLE?

The following information is either quoted directly and/or paraphrased from the wonderful organization(s) cited at the end of this document.

**First, never agree to do anything that makes you feel uncomfortable.
You have EVERY RIGHT to say NO!**

Even if another person **seems** to be a friend, they're no friend if they're trying to get you to do anything against your will or your best interests.

- If something seems off, trust your instincts.
- It's hard to make a good decision when you're feeling confused, so you should be as clear as possible in your own mind about what is and isn't in your own interests.
- If you need help with this, talk to someone you trust such as a friend, sibling, teacher or parent. If you'd rather talk to someone anonymously, you can text "LISTEN" to 741-741.
- If you receive any unwanted sexual comments or communication online, the best thing you can do is remove yourself from the conversation.
- Understand your safety settings. If it doesn't stop immediately, you should block the person and consider reporting it to the safety team of whatever website you are on. You should also consider talking about it with an adult you trust.
- If you're under 18 and someone is pressuring you to engage in sexual activities (e.g. cybersex, photos, webcamming) or is sending you explicit material, don't hesitate to call the police or the CyberTipline at 1-800-843-5678. They have advisers available 24/7 to help.
- If this person's a relative or someone in your household and you need help, contact the police, go to RAINN.org/online or call the National Sexual Assault Hotline at 1-800-656-HOPE (4673).

Source

<https://love146.org/online-safety/>

If you need help:

- The National Human Trafficking Hotline in your cell phone: call 888-373-7888 (24 hours/day, 7 days/week, 365 days/year). www.humantraffickinghotline.org
- Text INFO or HELP to: BeFree 233733
- Call 911
- The National Runaway Switchboard: 1-800-RUNAWAY. www.1800RUNAWAY.org
- National Center for Missing & Exploited Children (NCMEC): 1-800-843-5678. www.missingkids.org
- Report suspected human trafficking to federal law enforcement by calling 1-866-347-2423.
- CHILD ABUSE HOTLINE 800-344-6000
- The following link provides a card with a brief list of common indicators of human trafficking, the difference between human smuggling and human trafficking, and a DHS reporting option: <https://www.dhs.gov/blue-campaign/materials/indicator-card>

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Nonprofit organizations that work to stop human trafficking day in and day out need your help. **Please consider donating to HuMannaTea For All™ at: <https://thecause.org/partners/humannatea-for-all/>**

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