



15 Commonwealth Ave.  
Woburn, MA 01801  
[www.MPYinc.org](http://www.MPYinc.org)  
781-897-6800

## NAVIGATING THE CYBER WORLD

### RESOURCES FOR ADULTS

- **Common Sense Media** ([commonsensemedia.org](http://commonsensemedia.org)): resources for parents and educators to help children safely navigate the Internet and social media
- **Connect Safely** ([connectsafely.org](http://connectsafely.org)): safety tips and advice for digital-age parents
- **FBI Parent's Guide to Internet Safety** (<https://www.fbi.gov/stats-services/publications/parent-guide/parent-guide>): warning signs of online risks and information on how to minimize online sexual exploitation
- **Family Online Safety Institute** ([fosi.org](http://fosi.org)): tips, tools, are rules to keep your family safe online
- **National Center for Missing & Exploited Children** ([netismartz.org](http://netismartz.org)): interactive resources and presentations for parents, educators, and law enforcement to help keep kids of all ages safe online
- **National Crime Prevention Council** ([ncpc.org](http://ncpc.org)): resources, programs, and events to promote youth safety
- **Stopbullying.gov**: resources for parents and educators to identify, respond to, and prevent bullying- in person or online
- **YouthSpark** (<http://www.microsoft.com/about/corporatecitizenship/en-us/youthspark/youthsparkhub/programs/onlinesafety/resources/>): online safety resources for families
- If you believe your child is in danger, contact your **local police**
- If you believe your child is a victim of sextortion, call the **FBI** toll-free at 1-800-CALL-FBI

### RESOURCES FOR STUDENTS

- **Crisis Text Line**: text 741741 to chat with a trained counselor
- **Kik Messenger**: join the group *'thatsnotcool'* to chat about digital communication
- **Loveisrespect.org**: chat with a peer advocate by visiting the website or by texting *'loveis'* to 22522 or by calling 1-866-331-9474
- **NetSmartz** ([netismartz.org/teens](http://netismartz.org/teens)): games, videos, and interactive resources to help teens be safe online
- **Stopbullying.gov**: tips for teens on how to prevent and respond to bullying- in person or online
- **That's Not Cool** ([thatsnotcool.com](http://thatsnotcool.com)): learn ways to respond to peer and relationship pressure
- **YouthSpark** (<http://www.microsoft.com/about/corporatecitizenship/en-us/youthspark/youthsparkhub/programs/onlinesafety/>): interactive tips and quizzes for online safety for teens
- If you believe you are in danger, contact your **local police**
- If you believe you're a victim of sextortion, or know someone else who is, call the **FBI** toll-free at 1-800-CALL-FBI



*In Partnership with the Office of Middlesex District Attorney Marian Ryan*

