

A stylized illustration of a woman's face and upper torso. She is wearing a purple VR headset with a yellow border. The text 'CYBER SAFETY' is displayed in white, bold, sans-serif font across the center of the headset. A red circular icon with a white dot is positioned to the right of the word 'CYBER'. The woman has short black hair, a yellow face, blue eyes, and orange lips. She is wearing a white turtleneck sweater. The background is a dark blue space with white stars. The overall style is flat and graphic.

**CYBER
SAFETY**

ATTORNEY GENERAL LIZ MURRILL
LOUISIANA DEPARTMENT OF JUSTICE

A MESSAGE FROM



**Attorney General
Liz Murrill**

Liz Murrill

Cyber Safety Matters

The Internet is always changing, and as you get older, you'll also need to learn better strategies for protecting yourself online. Why? Because there are individuals out there, close to your age and much, much older, who want to take advantage of your kindness, insecurities, and even fears. This can happen on your cellphone, on social media, while gaming, or even during a video chat with friends. That's why our office has created this guide: to help you understand the dangers, identify the warning signs, and take actionable steps to stop the problem and protect yourself. Our hope is that by providing this information, we can work together we can make the Internet a safer place for everyone.

CORE RULES ONLINE

DON'T send mean messages to people

DON'T post inappropriate pictures, especially nudes

DON'T reshare images of people that will embarrass, shame or hurt them

DON'T talk to people you don't know

DON'T visit adult sites

DON'T send nude images to anyone (especially if they ask for them)

You want to avoid inappropriate content, but you definitely don't want to be posting it yourself. There is no such thing as "for your eyes only" on the Internet.

WHAT'S HEALTHY?

A healthy relationship means that you can also have a great relationship with family and friends. If it's healthy, you never have to choose, or push one away for the other. If it's healthy, you will feel supported and encouraged to do things that benefit you. You will get to be 100% yourself, have alone time, and feel accepted for who you are without constantly having to prove something. A healthy relationship means absolute trust, friendship, and understanding -- not fear, anxiety, or stress. It will feel happy, balanced, stable and calm (not anxious, sad, confused, uncomfortable, or guilty).

You will have space and time to make decisions without pressure or threats. There will be respect for boundaries and feelings, and you'll be able to solve problems together with a sense of fairness and calm communication. But the most important trait of a healthy relationship is that it will not be a secret. There will be privacy, yes; but everyone will know that you are together, and your love will never need to be hidden or cloaked in shadow.



INAPPROPRIATE CONTENT

1

**ADULT ACTIVITIES
(ESPECIALLY SEXUAL ONES)**

2

**VIOLENCE, HATE SPEECH &
OFFENSIVE GESTURES**

3

**ILLEGAL ACTIVITY
(LIKE DRUGS & ALCOHOL)**

4

**REVEALING IMAGES
(AND PRIVATE PARTS)**

5

**ANYTHING THAT MAKES YOU
FEEL CONFUSED OR SCARED**

WHAT TO DO

WITH INAPPROPRIATE CONTENT

NEVER SHARE:

EMBARRASSING THINGS
(ABOUT YOU OR SOMEONE ELSE)
REVEALING OR SUGGESTIVE
PHOTOGRAPHS (OF ANYONE)
ILLEGAL BEHAVIOR (DRUGS, ALCOHOL)
DEEPLY PERSONAL INFORMATION

KEEP IT TO YOURSELF:

PRIVATE INFORMATION
YOUR HOME ADDRESS
YOUR LOCATION
YOUR PHONE NUMBER
FAMILY DETAILS

DOES IT MAKE YOU FEEL...

CONFUSED, WEIRD, SCARED
UNCOMFORTABLE, OR FROZEN?

DON'T FEEL GUILTY

COMING ACROSS THIS
STUFF IS NOT YOUR FAULT.

REPORT IT!

- ◆ FIRST TO THE WEBSITE/APP
- ◆ THEN TO THE CYBERTIPLINE
- ◆ USE THE BACK BUTTON OR X OUT TO LEAVE
- ◆ TALK TO A TRUSTED ADULT
- ◆ TURN OFF THE SCREEN IF NEEDED



NEVER DELETE
YOUR ACCOUNT!
YOU'LL NEED
THE EVIDENCE.

IF YOU SHARE IT, YOU MIGHT:

- GET A BAD REPUTATION AS A BULLY
- GET IN TROUBLE AT HOME/SCHOOL/THE LAW
- AFFECT SCHOLARSHIPS OR FUTURE JOBS
- GET KICKED OFF SPORTS TEAMS/CLUBS
- REALLY HURT SOMEONE, FOREVER

NEED HELP?

VISIT [NCMEC.ORG](https://www.ncmec.org)
TO REMOVE ANY
EXPLICIT/BAD
CONTENT THAT'S
ALREADY OUT

DON'T BE A BULLY

It's never funny, it doesn't resolve problems, and in the long run it won't make you feel better. That momentary high of belittling, embarrassing, or feeling more powerful than someone else does significant harm, could damage your reputation, and could lead to unexpected and permanent outcomes you didn't expect (even trouble with the law). Don't participate in cyberbullying, and stand up for those who are bullied to make it stop as soon as possible.



Someone who is bullied may feel sad and alone, uncomfortable going to school, or that no one can help. This leads to feelings of anxiety, depression, and even a desire to commit suicide. Do not be a bully.

Remember: if it can get you into trouble offline, it can get you into trouble online too.

CYBERBULLYING

JUST DON'T DO IT

CYBERBULLYING IS:

- SENDING MEAN MESSAGES
- SPREADING RUMORS ONLINE
- CREATING FAKE ACCOUNTS TO MAKE FUN OF SOMEONE
- RECORDING & POSTING FIGHT VIDEOS TO EMBARRASS SOMEONE
- PHOTOSHOPPING IMAGES TO MAKE SOMEONE LOOK BAD
- TRASH-TALKING WHILE PLAYING GAMES ONLINE
- RESHARING INAPPROPRIATE OR COMPROMISING IMAGES OF SOMEONE
- HARASSING SOMEONE UNTIL THEY HURT THEMSELVES OR OTHERS

PROTECT YOURSELF:

- DON'T SHARE PERSONAL INFORMATION, LIKE YOUR ADDRESS, SCHEDULE, ETC.
- MAKE YOUR SOCIAL MEDIA ACCOUNTS PRIVATE
- CREATE SCREEN NAMES THAT AREN'T EMBARRASSING OR OFFENSIVE
- BE SELECTIVE ABOUT ONLINE FRIENDS & ONLY ACCEPT THOSE YOU KNOW IN REAL LIFE
- DON'T MAKE THREATS
- DON'T SHARE SEXUAL CONTENT, EVEN AS A JOKE

YOU MIGHT FEEL PRESSURED TO SHARE BECAUSE:

IT FEELS LIKE EVERYONE IS DOING IT, YOU REALLY LIKE THE PERSON ASKING YOU TO POST, EVERYTHING SEEMS TO BE HAPPENING SO FAST, OR IT EVEN SEEMS LIKE A GOOD IDEA..**BUT IT'S NOT.**

IF YOU ARE BULLIED:

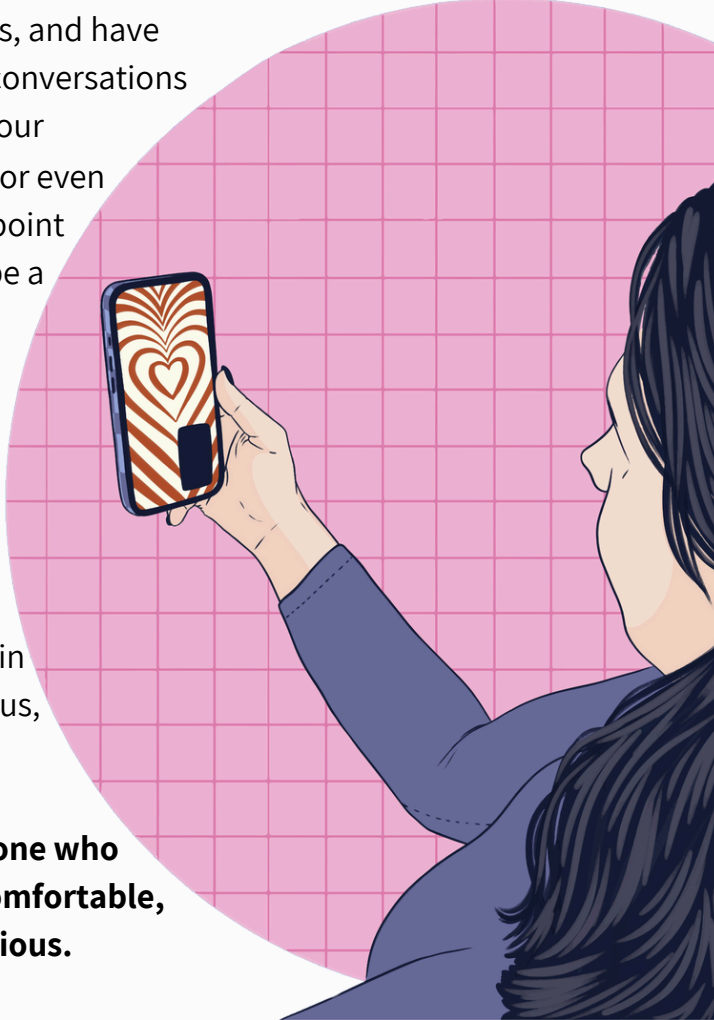
- ◆ DON'T RESPOND TO MESSAGES
- ◆ BLOCK THE BULLY
- ◆ SET UP NEW ACCOUNTS (PRIVATE ONES)
- ◆ REPORT IT TO THE WEBSITE/APP/PLATFORM
- ◆ TELL A TRUSTED ADULT FOR HELP
- ◆ TAKE A BREAK FROM THE INTERNET IF NEEDED

INFORMATION SPREADS **VERY** QUICKLY ONLINE & TO A MASSIVE AUDIENCE. BE **VERY, VERY** CAREFUL WHAT YOU SHARE --- **AND WHY.**

ANOTHER PROBLEM

Groomers often try to start sexual relationships with children and teens by starting out as a friends, building trust, flattering you all the time, and keeping their goal (and even the relationship) secret. It can feel like a super close relationship with an older kid or even a much older adult, but they abuse that trust for their own benefit. They might send you gifts through the mail, talk badly about your family and friends, share or ask for revealing pictures, follow all of your social media accounts, and have really inappropriate conversations with you about sex, your schedule, your body, or even your family. The key point is that all of this will be a secret. And the more information you reveal to them, the easier it will be for them to threaten or blackmail you with that information, keeping you trapped in a toxic, even dangerous, relationship.

Be very wary of anyone who makes you feel uncomfortable, afraid, upset, or anxious.



GROOMING

WARNING SIGNS & WHAT TO DO

BE VERY CAREFUL IF IF SOMEONE ASKS YOU:

FOR REVEALING PICTURES OR VIDEOS
TO MEET OFFLINE
TO DO SOMETHING YOU FEEL
UNCOMFORTABLE OR UNSURE ABOUT
TO DATE THEM IN SECRET
TO BE IN CONSTANT CONTACT
TO ENGAGE IN SEXUAL CONVERSATIONS

FEEL PRESSURED?

SAY NO! (AS MANY TIMES AS
NECESSARY)
BLOCK THEM
UN-FRIEND THEM
REFUSE TO MEET IN-PERSON
REPORT THEM (TO THE
WEBSITE/APP & THE
CYBERTIPLINE)
TELL A TRUSTED ADULT

DON'T FEEL COMFORTABLE TELLING AN ADULT?

REACH OUT TO [NCMEC.ORG](https://www.ncmec.org) AND REPORT THE SITUATION. FROM
THERE, FIND A TEACHER, COUNSELOR, OR RELATIVE YOU CAN TRUST.

VICTIMS OFTEN FEEL AFRAID TO SPEAK UP BECAUSE:

- ◆ THEY FEEL THREATENED
- ◆ THEY THINK PEOPLE WILL BLAME THEM
OR THAT NO ONE WILL BELIEVE THEM
- ◆ THEY'RE CONFUSED/NOT SURE WHAT TO DO
- ◆ THEY FEEL ALONE AND UNABLE TO ASK FOR
HELP FROM ANYONE AROUND THEM
- ◆ THEY FEEL GUILTY OR EMBARRASSED

★★★★★

NEVER DELETE
YOUR ACCOUNT!
YOU'LL NEED
THE EVIDENCE
AFTER YOU
REPORT THE
INCIDENT. TAKE
SCREENSHOTS.

SEXTORTION

If the situation has escalated into threats of blackmail, that's called **sextortion**. It's when someone tricks you into sending them sexual images then threatens to share those images with family, friends, or even the public if you don't send them money in exchange.

In some cases, you may have already sent them images and now they are threatening to expose you if you don't send them more photographs or videos.

They might even threaten you with video content or photography of you that was created with artificial intelligence based on completely harmless photos you've already posted online.

In each of these cases, this type of blackmail is a crime and you must report it to the website/app/social platform, a trusted adult, and the CyberTipline.



SEXTORTION

DON'T PANIC

ALWAYS BE CAREFUL WHEN SOMEONE:

DMS, CHATS, OR EMAILS YOU WHEN
YOU DON'T KNOW THEM

SENDS PICTURES OF THEMSELVES
NUDE OR BARELY CLOTHED

TALKS TO YOU ABOUT SEX

ASKS YOU TO SEND THEM PICTURES
OF YOU (ESPECIALLY NUDES)

ASKS TO MEET YOU IN-PERSON

SENDS FRIEND REQUESTS TO ALL OF
YOUR SOCIAL MEDIA ACCOUNTS

ASKS A LOT OF PERSONAL QUESTIONS

GETS MAD WHEN YOU'RE NOT ONLINE
& AVAILABLE FOR THEM

MAKES YOU FEEL LIKE THEY'RE THE
ONLY PERSON WHO CARES ABOUT
YOU OR EVEN UNDERSTANDS YOU

WANTS TO MOVE REALLY, REALLY FAST
WITH YOUR RELATIONSHIP, FORCING
YOU TO MAKE SNAP DECISIONS

CAN BE REALLY NICE & SWEET THEN
SUDDENLY ANGRY, CONTROLLING, OR
JEALOUS

SIGNS IT'S SEXTORTION:

THEY SUGGEST
RECIPROCATION ("I'LL SHOW
YOU IF YOU SHOW ME FIRST.")

THEY CLAIM TO WORK FOR A
MODELING AGENCY OR TALENT
SCOUT & NEED IMAGES OF YOU

THEY CLAIM TO WANT
FRIENDSHIP OR A ROMANTIC
RELATIONSHIP (EVEN THOUGH
YOU JUST MET)

THEY THREATEN TO MAKE
MORE IMAGES OR VIDEOS OF
YOU USING DIGITAL-EDITING
TOOLS

WHAT TO DO:

- ◆ DO NOT COMPLY WITH DEMANDS, EVER
- ◆ DO NOT DELETE YOUR ACCOUNT
- ◆ REPORT IT TO THE WEBSITE/APP/PLATFORM
- ◆ REPORT IT TO THE CYBERTIPLINE

PLEASE KNOW THAT YOU CAN ALWAYS, ALWAYS...

UNFOLLOW OR BLOCK SOMEONE, ADJUST YOUR PRIVACY SETTINGS,
TALK TO A TRUSTED ADULT, REPORT A SITUATION, AND **SAY NO!**

RESOURCES

Report It! NCMEC's CyberTipline is the nation's centralized reporting system for the online exploitation of children. The public and electronic service providers can make reports of suspected online enticement children for sexual acts, child sexual molestation, child sexual abuse material, child sex tourism, child sex trafficking, unsolicited obscene materials sent to a child, misleading domain names, and misleading words or digital images on the Internet.

Children, family members, friends, and professionals can report to our CyberTipline at **CyberTipline.org**



RESOURCES

YOU CAN USE TODAY

EXPLICIT CONTENT?

IS THERE EXPLICIT CONTENT OF YOU ALREADY OUT ON THE INTERNET? WHETHER IT'S NUDE IMAGES, VIDEO, OR JUST SUGGESTIVE CONTENT, NCMEC CAN HELP.

[HTTPS://WWW.NCMEC.ORG/GETHELPNOW/ISYOUREXPPLICITCONTENTOUTHERE](https://www.ncmec.org/gethelpnow/isyourexplicitcontentoutthere)

TAKE IT DOWN!

YOU CAN ALSO REPORT CONTENT TO THE WEBSITE, APP OR PLATFORM WITH HELP FROM NCMEC TO TAKE IT DOWN.

[HTTPS://WWW.NCMEC.ORG/TAKEITDOWN](https://www.ncmec.org/takeitdown)

SEXTORTION?

LEARN MORE HERE:

[HTTPS://WWW.MISSINGKIDS.ORG/THEISSUES/SEXTORTION](https://www.missingkids.org/theissues/sextortion)

NEED SUPPORT?

[HTTPS://WWW.MISSINGKIDS.ORG/GETHELPNOW/SUPPORT](https://www.missingkids.org/gethelpnow/support)

HAVE YOU ALREADY ENDURED & SURVIVED THESE KINDS OF EXPERIENCES?

THERE ARE RESOURCES AVAILABLE TO YOU THROUGH NCMEC.

[HTTPS://WWW.MISSINGKIDS.ORG/GETHELPNOW/CSAM-RESOURCES](https://www.missingkids.org/gethelpnow/csam-resources)

CONNECT WITHOUT JUDGMENT

YOU CAN TALK TO REAL PEOPLE ABOUT THEIR REAL EXPERIENCES, FIND ADDITIONAL RESOURCES, AND GET SOLID ADVICE BY VISITING

[HTTPS://NOFILTR.ORG](https://nofiltr.org)

SEX ED

BECOME MORE INFORMED (AND SECURE) AT

[AMAZE.ORG](https://amaze.org)

ABOUT THE LOUISIANA DEPARTMENT OF JUSTICE

If you are seeking justice for yourself in a personal, corporate, or family matter, you try to get the best legal representation. But if an entire State or its political subdivisions are injured or victimized by the federal government, a multi-national corporation, or even another State -- that requires an Attorney General.

The Office of the Attorney General is the Louisiana Department of Justice, and we work to protect the people of Louisiana as whole. We fight for Louisiana's natural resources, investigate fraud, secure justice for our most vulnerable, and so much more.

We also provide educational content meant to help you make wise choices based on guidance you can trust. With that in mind, we hope this guide to Fair Housing has been enlightening and instructive; but should you need more information, please feel free to reach out to our office or your local parish representative.

**ABOUT
ATTORNEY GENERAL
LIZ MURRILL**



AG Liz Murrill is committed to defending the rule of law and protecting the people of our State. She has argued multiple cases before the U.S. Supreme Court and served as lead counsel in many cases challenging federal overreach, ranging from open border policies and attacks on religious liberty to COVID-19 mandates and First Amendment violations. With more than 30 years experience working in state and federal government, including eight as Louisiana's first Solicitor General, Liz Murrill has been a champion for women, children, and victims demanding justice. Now she is leading the fight to preserve our rights, our industries, and Louisiana's unique way of life. You can learn more at www.AGLizMurrill.com.



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@AGLizMurrill

