



Dear STHS Students,

The staff of Live Violence Free wants to share some important resources with you during this time of shelter in place.

First, know that we are here as a resource for you still even while offices are closed! For any questions or resources, reach out to Lisa Piazza at LPiazza@LiveViolenceFree.Org or 530-264-5290; if there is a crisis situation our 24/7 crisis line is ALWAYS an option at 530-544-4444 and if you are ever in an emergency during this time please call 911.

It is important to share some resources about internet safety, because we understand that during this time it is important to still have connection with others and social media is our most convenient option.

Here are some tips for when you are connecting online with others:

An infographic with a teal background and a purple header box. The title "TEEN CYBER STALKING DURING QUARANTINE" is in large, bold, teal letters. Below the title, there is a definition of cyber stalking and a list of four points. A speech bubble contains a warning message, and a red warning triangle is at the bottom right. The Live Violence Free logo is in the bottom left corner.

**TEEN CYBER STALKING
DURING QUARANTINE**

Cyber stalking is the act of persistent and unwanted contact from someone online. It may involve any number of incidents including threats, libel, defamation, sexual harassment, or other actions in which to control, influence, or intimidate their target.

1. Abusive relationships are still happening, even if the world is on pause.
2. These are new times. Establish new boundaries.
3. Red flags will look differently during this time.
4. Communication and asking for consent is key.

Well if you want come over at least send me something to make this worth my time.

LIVE VIOLENCE FREE

1. Be smart about what you post

What you share online, even “privately” with someone, may cause you problems later on. Think wisely before sharing provocative photos or private details; once that’s given out you can NOT get that back

2. Keep passwords secret

Do not share even with close friends or dating partners. If anything changed, you wouldn’t want these people to have access to your account without your consent. ALSO, dating partners demanding your account passwords is a big RED FLAG: that’s your personal life, and if they try to control your personal life, that can be considered dating abuse

3. Check your privacy settings!

Make sure location settings and public settings, are turned off or only selected for close family and friends to avoid strangers learning your location, or personal/private details. Safety is more important than your followers list!

4. Be you!

Don't let anyone pressure you to be something or act like someone you're not! Firstly, most of the people you see on social media post a very "perfect" or unreal version of themselves. If you try to imitate these people, it's impossible because most of what you see isn't even real!

5. Treat others with respect

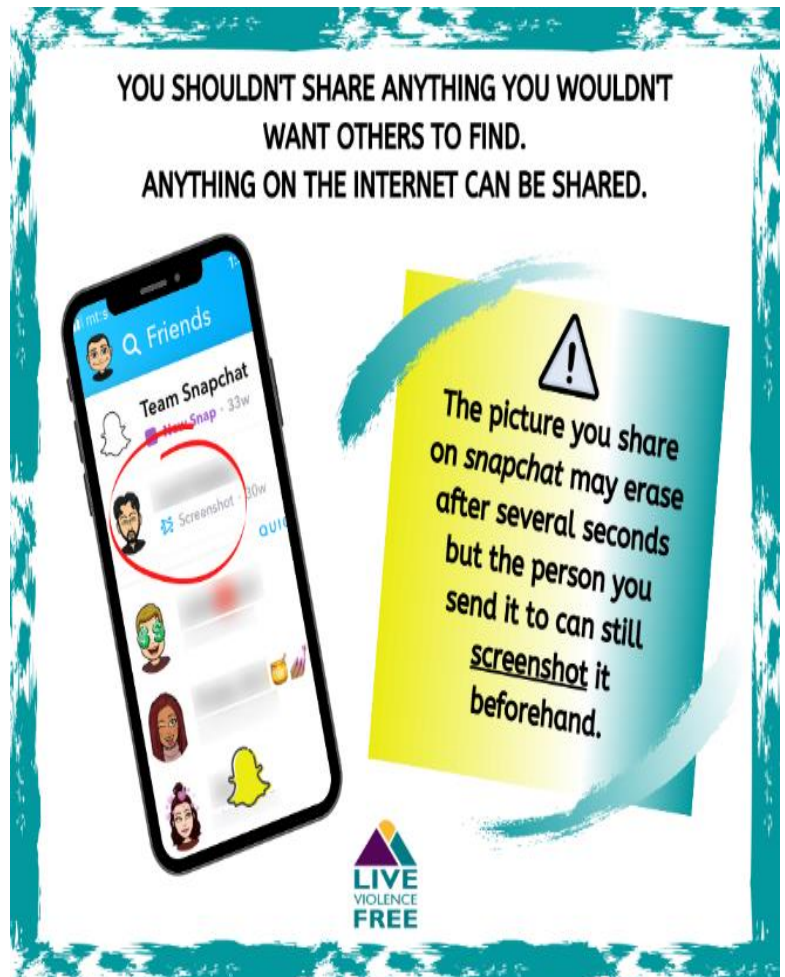
Another part of being yourself is avoiding the pressure to participate in online bullying by commenting, "liking", or sharing negative posts. Also, treating others with respect can keep YOU out of trouble; you never want a nasty post you wrote or shared in the past to affect your future! College admissions, college sports/academic recruiters and potential employers will all commonly browse your social media, **DON'T LET YOUR SOCIAL MEDIA ACCOUNT GET IN YOUR WAY!**

6. Don't talk R rated with strangers

Be extremely cautious when communication online with people you don't know. If conversations with anyone, especially people you don't know, start to take a weird turn (talking about violence, sex etc) do NOT engage. End the conversation.

7. DON'T MEET UP!

Especially now, the risk of contracting or spreading COVID19 is a serious risk, so please avoid putting yourself in a dangerous situation. Even when shelter in place is over, avoid in person meetings! The only way someone can physically cause you harm is if they are in your location, so to ultimately protect your physical safety avoiding a meet up is your best option. If you do choose to meet up with someone from the internet once shelter in place is over, (first, please give serious thought to whether that is safe and appropriate!) have the meeting in a public space, tell someone where you're going, or bring friends along with you.



Self-care is important in these confusing and uncharted times!!

Self-care is: is something you enjoy that keeps you feeling happy and physically/mentally well

Here is a list of self-care ideas to try while sheltering in place:



1. Take a walk (using social distancing)
2. Take a nice shower or bath to relax
3. Talk to a friend
 - a. You can still watch favorite shows together or play games via FaceTime, Skype, Google Hangout or other media platforms!
4. Watch a movie or show you love (or watch something new!)
5. Go for a bike ride (using social distancing)
6. Read a book
7. Exercise to get endorphins moving! Here are some videos you can try:
 - a. Bodyweight Workout: <https://www.youtube.com/watch?v=M0ECBD6egbI>
 - b. Hip Hop Dance Workout: <https://www.youtube.com/watch?v=ZWk19OVon2k>
 - c. Yoga Stretch/Workout: <https://www.youtube.com/watch?v=7kgZnJqzNaU>
8. Write in a journal. If you are unsure what to write, here are some journal prompts:
 - a. https://teens.lovetoknow.com/High_School_Journal_Topics
9. Take a nap!
10. Learn something new!:
 - a. Learn a new language : <https://www.duolingo.com/>
 - b. Be crafty and creative: <https://www.youtube.com/watch?v=bIeyMH3U04A>
11. Play board games or video games with family or invite friends on social media
12. Cook, or learn how to cook!
 - a. There are endless recipe videos on YouTube for all diets, tastes, and cooking levels, but here is an easy 2-ingredient recipe to try: https://www.youtube.com/watch?v=vrpof_QQUe0
13. Have a "spa day"! Put on a facemask, give yourself a mani/pedi, or stretch to relax
14. Meditate!
 - a. For those who are used to meditating, here are meditation sounds to go along with your practice: <https://www.youtube.com/watch?v=WZKW2Hq2fks>
 - b. If you're new to meditation here is a guided video to try: <https://www.youtube.com/watch?v=inpok4MKVLM>

Stay well! Please reach out to LPiazza@LiveViolenceFree.org for any other resources or questions.