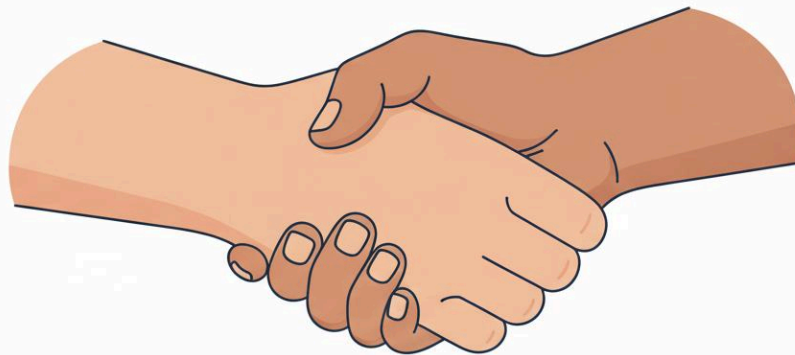




THE  
**CRISIS & CONVERSATION**  
HANDBOOK



**YOU ARE NOT ALONE.**

## **THE CRISIS & CONVERSATION HANDBOOK**

HOW TO TALK, REACT, AND RECOVER

This guide is your emergency kit. It contains the scripts for building trust before an incident, and the exact protocols to follow if you discover something dangerous.

## PART 1: THE PREVENTION CONVERSATIONS

GOAL: Build trust so they come to you when things go wrong.



### THE "30-SECOND" TRUST BUILDERS

You don't need a "Big Talk." You need small, frequent check-ins. Use these scripts during car rides or dinner.

#### 1. The "Algorithm" Check

- **Script:** "Hey, my feed is showing me really weird cat videos today. What is your For You Page showing you right now?"
- **Why it works:** It makes the algorithm the subject, not the child's behavior. It's neutral ground.

#### 2. The "Predator" Reality Check (Age appropriate)

- **Script:** "I read something scary about adults pretending to be teens on [App Name]. Has anyone ever messaged you who seemed... off?"
- **Follow up:** "If that ever happens, you won't get in trouble. I just want to help block them."

### 3. The "Vault App" opener

- **Script:** "I know some kids at school use calculator apps to hide photos. Do your friends do that?"
- **Why it works:** Asking about "friends" is less accusatory than asking about them.

### 4. The "Sextortion" Warning (Teens):

- **Script:** "There's a scam going around where people ask for pics and then threaten to leak them. If that ever happens to you or a friend, come get me immediately. We can fix it, but we have to move fast."

## PART 2: EMERGENCY PROTOCOL

SCENARIO: You found explicit texts, inappropriate images, or evidence of grooming.



### STEP 1: THE GOLDEN RULE

DO NOT FREAK OUT.

Your reaction in the first 60 seconds determines if your child will ever trust you again.

- **Do Not:** Scream, throw the phone, or threaten to ban all tech forever.
- **Do Not:** Immediately confront the predator (they will delete evidence).
- **Do Say:** "I am so glad we found this. You are not in trouble. We are going to handle this together."

### STEP 2: PRESERVE EVIDENCE (BEFORE YOU BLOCK)

You need proof for law enforcement or NCMEC.

1. **Do NOT screenshot explicit images of minors.** (Possessing these can technically be illegal, even for parents).
2. **DO Screenshot:**
  - Profile pages (Username, Bio, ID numbers).
  - Text conversation logs (threats, grooming, requests).
  - URLs or Links sent.

## STEP 3: BLOCK & REPORT

Once evidence is captured:

1. **Block:** Use the app's block feature immediately.
2. **Report to Platform:** Use the "Report" button on Instagram/Discord/Snapchat. Select "Child Safety" or "Harassment."
2. **Report to NCMEC:** If it involves a minor, file a report at [CyberTipline.org](https://www.cybertipline.org).

## PART 3: REMOVING CONTENT (TAKE IT DOWN)

THE TOOL: NCMEC's "Take It Down" Service.



### WHAT IS "TAKE IT DOWN"?

If explicit images of your child (or images they suspect might be leaked) exist, Take It Down is a free service that helps remove them from the internet without you having to upload the image itself.

### HOW TO USE IT

1. **Go to: [TakelDown.NCMEC.org](https://TakelDown.NCMEC.org)**

2. **The Process:**

- The tool generates a unique "Digital Fingerprint" (Hash) of the image/video directly on your device.
- The image never leaves your device. Only the "Fingerprint" is sent.

2. **The Result:**

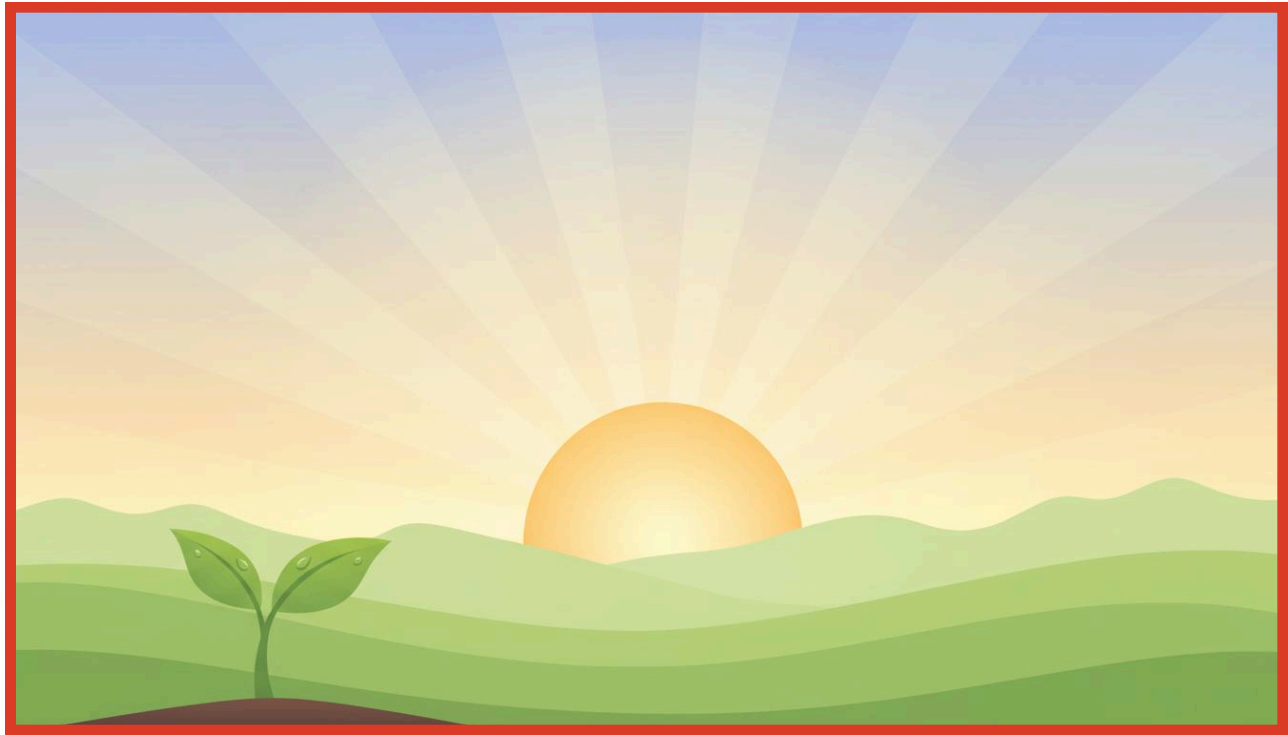
- Participating platforms (Facebook, Instagram, TikTok, OnlyFans, Pornhub, etc.) use that fingerprint to find and remove copies of the image instantly.
- It also blocks the image from being uploaded again in the future.

## WHO CAN USE IT?

- Parents (for children under 18).
- Teens (can do it themselves anonymously).
- Adults (who were minors when the images were taken).

## PART 4: RECOVERY & AFTERCARE

The danger is over. Now the healing begins.



### REBUILDING TRUST

1. **Reset the Device:** Once the immediate threat is gone, do a factory reset if necessary to remove malware/spyware.
2. **Re-establish Rules:** "We need to tighten things up for a while until we feel safe again."
3. **The Open Door Policy:** "No matter what happens online, I will never judge you for coming to me for help."

### MENTAL HEALTH RESOURCES

If your child was groomed or sextorted, they may need professional support. Trauma from digital abuse is real.

- **Crisis Text Line:** Text **HOME** to **741741 (Free, 24/7)**.
- **National Suicide Prevention Lifeline:** Dial **988**.
- **RAINN (Sexual Assault): 1-800-656-4673.**
- **Find a Therapist:** Look for counselors specializing in "Digital Trauma" or "Adolescent Anxiety."

## A FINAL NOTE TO PARENTS

"The person who harmed your child is the problem—not your child. You can recover from this. You are their best defense."