



THE WELLNESS **LOG &**
RESOURCE DIRECTORY



YOUR PERMANENT REFERENCE

ORGANIZED. PREPARED. SECURE

WEEKLY MAINTENANCE & MASTER RESOURCE DIRECTORY

Safety is not a one-time event; it is a habit. Use this log to track your weekly 15-minute audits and keep this directory of emergency contacts in a place where every family member or staff member can find it.

PART 1: THE WEEKLY AUDIT LOG

Goal: Consistency. Use this sheet to track your "Sunday Night Routine" (from PDF 1).

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
✓ 6	7	8	9	10	11	12
✓ 13	14	15	16	17	18	20
✓ 22	21	25	24	25	26	27
✓ 29	30					

MONTHLY OUTLOOK

PLANNING & PREPARATION

MONTHLY MAINTENANCE TRACKER

Month: _____

Week	Date	Screen Time Review	Browser History Check	App Store "Purchased" Audit	Physical Device Spot-Check
Week 1		[] Done	[] Done	[] Done	[] Done
Week 2		[] Done	[] Done	[] Done	[] Done
Week 3		[] Done	[] Done	[] Done	[] Done
Week 4		[] Done	[] Done	[] Done	[] Done

PART 2: THE MASTER RESOURCE DIRECTORY

Goal: Instant access to help when seconds count.



EMERGENCY REPORTING (24/7)

- National Center for Missing & Exploited Children (NCMEC)
 - **CyberTipline:** report.cybertip.org
 - **Phone:** 1-800-THE-LOST (1-800-843-5678)
 - **Use for:** Reporting grooming, child exploitation, or sexualized content.
- Take It Down (NCMEC)
 - **Web:** takeitdown.ncmec.org
 - **Use for:** Removing explicit images/videos of minors from the internet.
- FBI Internet Crime Complaint Center (IC3)
 - **Web:** ic3.gov
 - **Use for:** Reporting sextortion, hacking, or financial internet scams.



CRISIS & MENTAL HEALTH SUPPORT

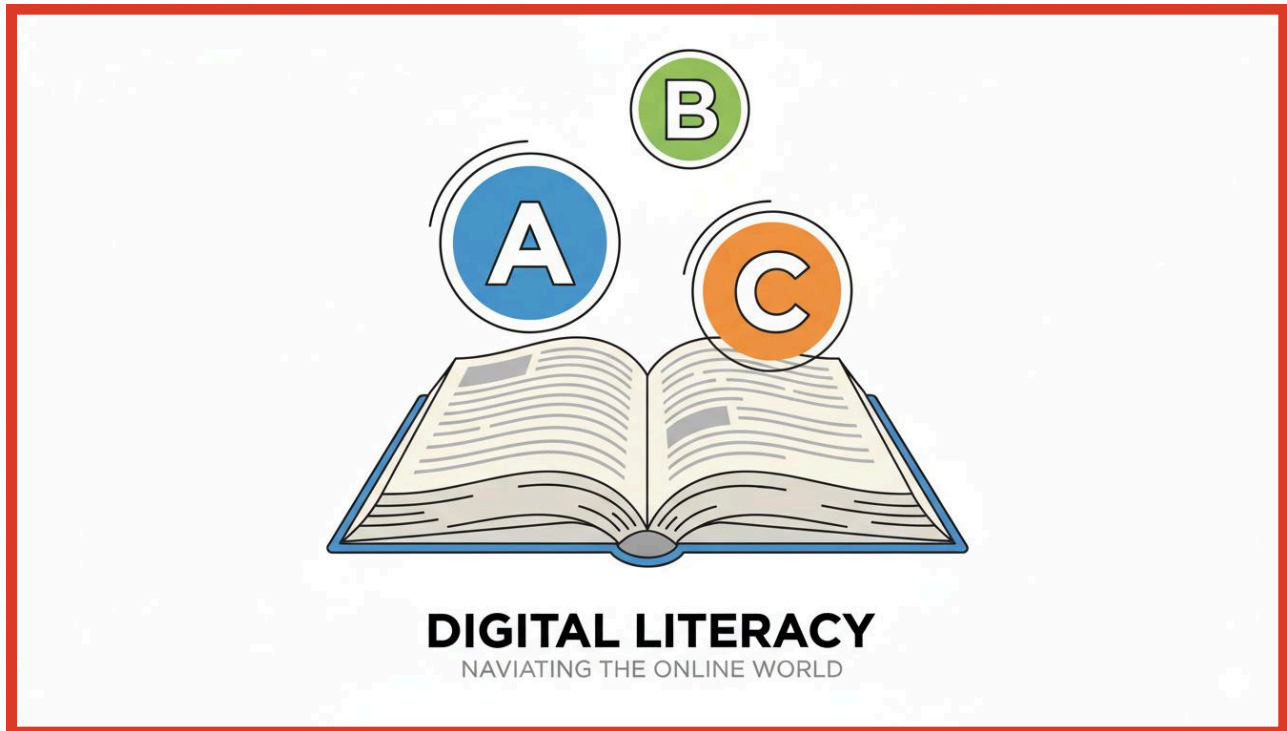
- **Crisis Text Line:** Text **HOME** to **741741**
- **National Suicide Prevention Lifeline:** Dial **988**
- **RAINN (National Sexual Assault Hotline):** 1-800-656-HOPE (4673)
- **The Trevor Project (LGBTQ+ Youth):** 1-866-488-7386 or Text **START** to **678-678**

PLATFORM-SPECIFIC HELP CENTERS

- **Instagram Safety:** help.instagram.com
- **Snapchat Privacy:** values.snapchat.com/safety
- **TikTok Guardian's Guide:** tiktok.com/safety/en/guardians-guide
- **Discord Safety Center:** discord.com/safety

PART 3: THE DIGITAL DEFENDER DICTIONARY

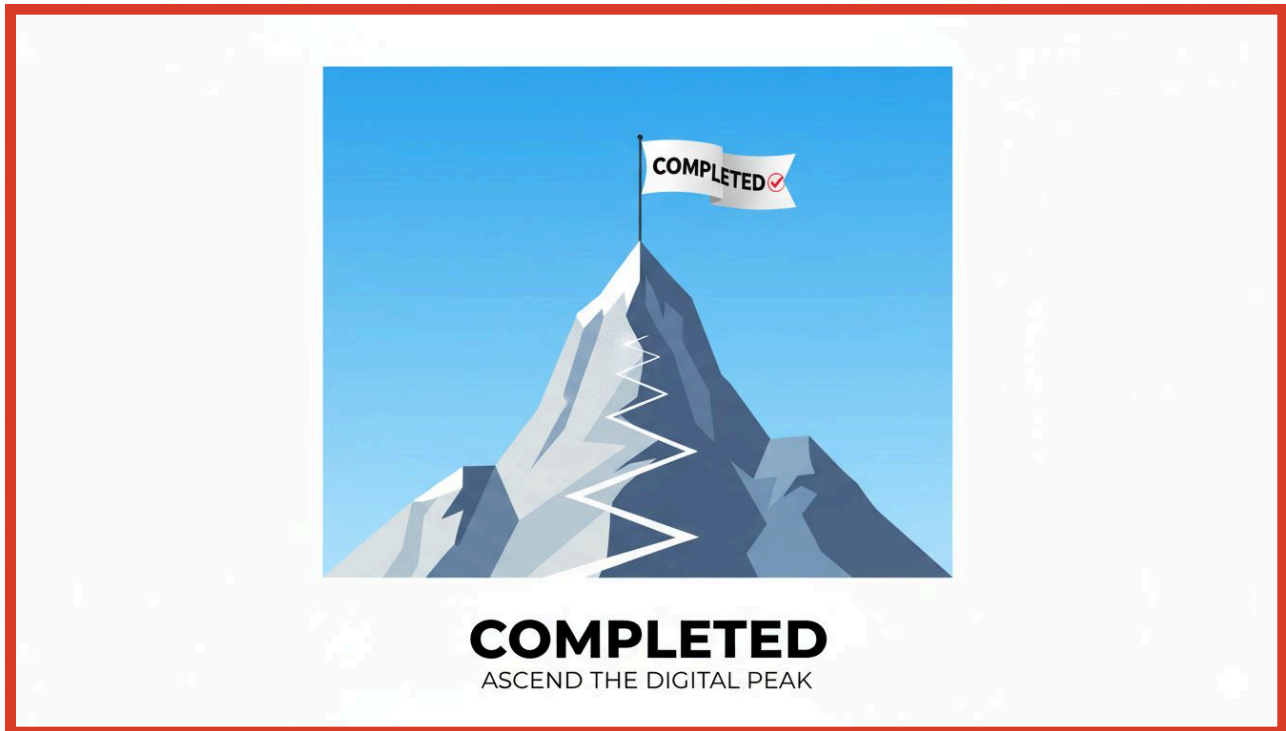
Common terms every parent and educator should know.



- **Finsta:** A "Fake Instagram" account used to post content hidden from parents.
- **Grooming:** The process a predator uses to build an emotional connection with a child to lower their inhibitions.
- **Sextortion:** Blackmail where a predator threatens to release sensitive images unless the victim pays or sends more content.
- **Sideload:** Installing apps on Android from outside the official Google Play Store (high risk).
- **Vanish Mode:** A setting where messages disappear after being read (high risk for bullying/secretcy).
- **Vault App:** An app disguised as a utility (like a calculator) used to hide photos or videos.

PART 4: TOOLKIT SUMMARY CHECKLIST

The complete journey you have just finished.



- [] **PDF 1:** Secured all iPhones, Androids, Gaming Consoles, and PCs.
- [] **PDF 2:** Scanned for Red Flag and Vault apps.
- [] **PDF 3:** Learned the "Take It Down" protocol and crisis scripts.
- [] **PDF 4:** Reviewed the K-12 safety curriculum.
- [] **PDF 5:** Applied the Classroom Tech checklist (Educators).
- [] **PDF 6:** Established the Incident Reporting Protocol (Admin).
- [] **PDF 7:** Distributed Parent Communication letters.
- [] **PDF 8:** Signed the Family Technology Agreement.
- [] **PDF 9:** Established the Weekly Maintenance Log.