

Cyber Safe Schools: Resource Map



When you find yourself in a situation where you need help from your friends, trusted adults, or community, having an action plan can make reaching out easier. Think about who you would want to talk with if you or one of your peers is experiencing cyberbullying, online-harassment, sextortion, or other related situations where you might want to seek help from others. After this activity is completed, students should add contact information for trusted individuals and organizations to their cell phones.

Three friends I can talk to:

- 1.
- 2.
- 3.

Three adults I feel safe telling:

- 1.
- 2.
- 3.

**Who needs help?
Me or Someone else?**

**Other sources of support in my school
and community:**

- 1.
- 2.
- 3.

Online or app-based resources:

- 1.
- 2.
- 3.

**For more information about safety planning, visit:
<https://www.dhs.gov/know2protect/take-action>**

