



Top 3 Tips for Girls and Young Women

Right now, you may be online a lot for school, games, and more. There are a few things you have to do to act like a grown up and be safe. Make sure you read these tips and do them every day.

1. Beware of Red Flags

It is important to beware of people who try to make you do things that you do not want to do. This is called manipulation. During a tough time like right now, girls and young women are often targets. Have a healthy suspicion of people online and beware of these red flags:

- Love bombing – someone being too available or attentive
- Someone who claims to be God or have all the answers
- Someone who asks for photos or private information

2. Trust Your Intuition

You are smart and strong. You do not have to look outside of yourself for validation. When you think something sounds fishy about what a person online is telling you, listen to your inner voice. If someone does something to make you uncomfortable, tell your parents and other adults you trust.

3. Turn Inward to Find Calm

Tap into the calming senses within yourself. Each day, make time to practice the 8 C's:

- Calm
- Clarity
- Compassionately
- Confident
- Connectedness
- Courage
- Creativity
- Curiosity

Want to learn more? Have questions? Visit marensanchezhomefoundation.org.

The information in this material is developed in collaboration with David Bernstein, PhD, Senior Forensic Psychologist, Forensic Consultants, LLC; Jennifer McNamara, LCSW, Coastal Connecticut Counseling; David Jacob, LCSW; and an active police officer from the Wilton Connecticut Police Department.