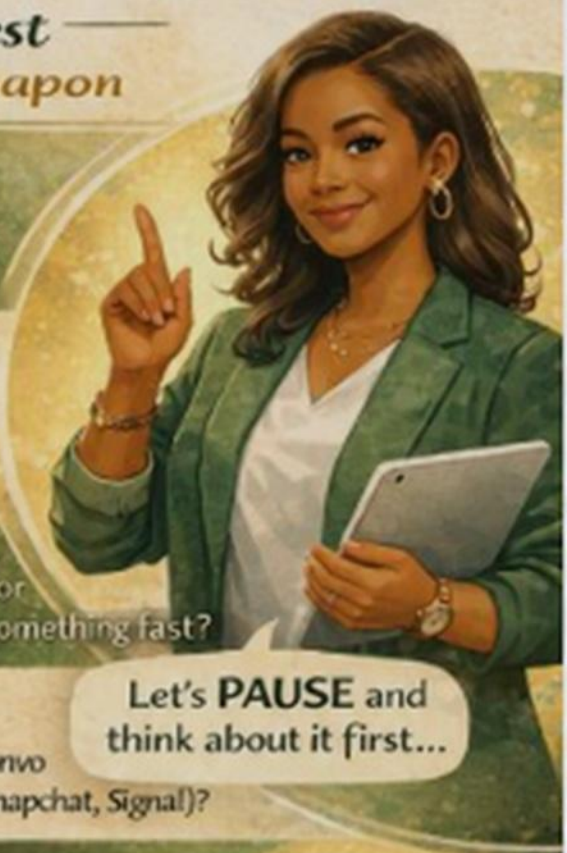
PAUSE

Before You Respond Online

Is someone online giving you red flag vibes?

— Dr. Bonita Best —

The BEST Secret Weapon



P **Personal Info Shared?**
Did they ask for your phone number, address, school, where you hang out?

A **Asking for Secrecy?**
Are they saying, "Don't tell anyone! Let's keep this private..."?



Urgency or Pressure?
Are they rushing you to respond or making you feel pressured to do something fast?

Switching Apps?
Are they trying to move the convo to a different app (WhatsApp, Snapchat, Signal)?

Let's **PAUSE** and think about it first...



E **Emotionally Manipulative?**
Are they guilt-tripping you, making you feel bad, or playing with your emotions?



If you answer **YES** *to any of these...*

PAUSE & TALK TO SOMEONE YOU TRUST

The wrong connection can lead to real-world danger.

Tell a trusted adult | Contact the National Human Traffcking Hotline

Call: 1-888-373-7888 | Text: 233733