



ChicagoCAC Online Safety Resources

NCMEC/Netsmartz

- [NCMEC Videos](#) from [Netsmartz](#)– they have a range of videos, the ones mentioned below are probably appropriate for 7th grade and up audience. For younger viewers, the Into the Cloud series would be good for elementary school and NS Teens for 5th/6th grade.
- It's called Sextortion – available in Spanish – a short video discussing a form of online extortion that targets boys.
- Healthy Relationships – available in Spanish – a short video that depicts unhealthy relationship behavior and how one might recognize and respond to this.
- [Your Photo Fate](#) – a short video about the consequences of sending photos and things to consider before you do, also available in Spanish.
- “Friend or Fake”- good for 5th/6th grade –lighter version of inappropriate/unhealthy relationships and sextortion content from NS Teens.
- “Mike-tosis” - good for discussing information spread (rumors and photos)
- [No Escape Room](#) - simulated sextortion encounter

AI/Roblox

- [Links and tips](#) about [AI](#) from NCMEC
- AI Chat facts sheets from 2025, [APA](#) and [Healthychildren.org](#)
- [AI Content from Thorn - Deepfake Nudes, etc.](#)
- [What is Roblox? Safety guide for parents | Internet Matters](#)

Thorn

- [2024 Youth Monitoring Data about from Thorn](#) – check out [all their data](#).
 - [Here's their site for parents as well](#)
 - [Issue Page](#) - walks through issues people might have with internet safety
 - [Site for youth](#) – geared towards teens
 - [Stop Sextortion Cat Video](#)
 - [Safe Connections Guide](#)

Verizon/Discovery Digital Wellbeing

- [Digital Wellness | About Verizon](#)
 - [Welcome to Parenting In a Digital World | About Verizon](#)
- [Digital Citizenship - Discovery](#)
 - [Digital Footprint](#)
 - [AI Literacy](#)
 - [From Risks to Resilience White Paper](#)
- [Fosi - Digital Citizens Program](#)
- [Security Awareness and Training Service: Education Edition](#)

Other Resources

- [DHS Know2Protect](#)
- [Social Media & Technology Use Information - Candor Health Education](#)
- [Common Sense Media](#) - learn more about popular games and apps
 - [Parents' Ultimate Guide to Parental Controls | Common Sense Media](#)
- [Family Media Plan - AAP](#)
- [STOP.THINK.CONNECT.TM - Chatting with Kids About Being Online](#)
- [Manage Your Privacy Settings - National Cybersecurity Alliance](#)
- [Amaze.Org Videos](#)

NPR Articles and Research

- [NPR: link between youth suicide and screen time, 2025](#)
- [NPR - tips from teens about social media, 2023](#)
- [Social Media Detox Tips, 2025](#)
- [The truth about teens, social media and the mental health crisis - NPR, 2023](#)
- [Piece about improving teen mental health in 2024](#)
- [Nihilistic online networks groom minors to commit harm. Her son was one of them - NPR](#)
- [How to talk to your teen about AI : NPR](#)

For Youth/LGBTQ+

- [Internet Safety Tips to Keep You Safe From Online Creepers](#)
- [LGBTQ+ Resources for teens | About Q Chat Space, Developing Strong LGBT Centers. Creating Healthy LGBT Communities.](#)
- [Stop Sextortion - Get Help - Thorn](#)
- [Visit TrevorSpace - Join Today & Find Your LGBTQ Community](#)