

Your Rights Don't Disappear Online: A Guide for Families

Your teen took part in a lesson on their rights online: dignity, consent, privacy, voice and support.

What your teen learned

Your teen learned that being online doesn't turn a person into content. They have a right to dignity, to decide who shares their image, to keep passwords and messages private, to have a say in rules that affect them, and to get support without blame. Rights don't mean nothing bad will happen; they mean young people aren't powerless when it does.

How you can help

- **Respect their privacy.** Talk about safety rather than demanding all their passwords.
- **Ask before posting photos of them**, and accept a no.
- **If something goes wrong, respond without blame.** Say: "Someone crossed a line. You deserve help."
- **Help them act:** save the details, report the post, and ask about removal and support. Contact 112 for threats.
- **Watch their wellbeing.** The National Lifeline 1564 offers support 24/7.

Conversation starter

- "If someone ever shared something about you online, what would you want me to do, and not do?"

The rights next steps

1 Save the details

Account, post link, date and time.

2 Report it

Use the app's report tools.

3 Tell someone

A trusted adult or friend.

4 Ask about options

Removal, support, and what happens next.

Where to get help

1564

National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance:
laraa@laraa.org

112

Internal Security Forces, if someone is in danger or threatened

Take It Down (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.