

#### Be Real With Us

FB: letsberealbtc

Twitter, Snapchat, Spotify: breakthecycledv Instagram: breakthecycle Web: breakthecycle.org

# **APPS & SAFETY**

Whether you're in a relationship, hooking up, or single, dating can look different online and in apps. No matter if you've known the person your're into for an hour or years, your personal safety is key.

## IT'S OKAY TO HAVE **BOUNDARIES.**



Don't feel obligated to engage in conversations that make you feel uncomfortable. You have the right to protect your personal space.

# **THINK BEFORE** YOU SEND.



Everything sent online or through text can be screenshot, saved and shared. Even if you think you can trust the person, once you hit send you no longer control where the image or content is going.

#### **DON'T BE AFRAID** TO BLOCK.



Sometimes people aren't always kind or respectful, but don't engage in back and forth arguments online. It's possible for them to disappear and stop bugging you if you block them.

### **REPORT IF YOU FEEL THREATENED**



Threats and harmful messages should not be tolerated. All apps have a way to report if someone is being harmful to others. Don't worry about what the person might think. Your feelings matter.

# **SPILL THE DETAILS.**



Should you choose to meet anyone from an app or the internet offline, make sure to tell a friend or family member. Helpful information includes: the person's full name & phone number, location of meeting spot, how long you plan to be gone, and a way to reach you.