

Talk to someone.

Free. Any time. Private.

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CHAT hotline.rainn.org
CALL OR TEXT 988

Center for Child Counseling · more on the back

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It was not your fault.

Even if you didn't say no. Even if you wait to speak up. Even if you sent something first.

Photos of you being shared or used takeitdown.ncmec.org

To report abuse in Florida **1-800-962-2873**

Any other state **1-800-422-4453**

In danger right now **911**

centerforchildcounseling.org/programs/kidsafe/forteens

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Teen Palm Card

Eight per sheet. Print on card stock, then cut on the crop marks.

How it is meant to be used

Hand it over without a speech. A school counselor, a nurse, a coach, a youth worker can give one to a young person in about two seconds, and that is the point.

It is sized for a phone case or a wallet. Nothing on the front says what it is about, because a teenager will not carry a card that announces it to anyone who happens to see it.

Why it is built this way

Text and chat come first

A young person will not phone anyone from a house where they might be overheard.

The reporting line is on the back, and labelled

Reporting starts something. Someone still deciding whether to tell anyone needs the confidential options first, and needs to know which is which.

One line that is not a phone number

"It was not your fault." That sentence decides whether the rest of the card gets used.

FOR WHOEVER IS HANDING THESE OUT

If a young person tells you something as you give them the card, stay calm. Say "I believe you" and "I am glad you told me." Do not ask questions.

Then report it. In Florida call 1-800-962-2873. Any other state, 1-800-422-4453.