

## CYBER FACTS

**Nearly 40% of teenagers** have posted or sent sexually suggestive messages. <sup>(1)</sup>

**30% of teens and parents** argue about smartphones daily. <sup>(2)</sup>

Teens who spend 7 hours per day on devices are **twice as likely to be diagnosed with depression.** <sup>(3)</sup>

**Suicide is the leading cause of death** for Oregonians between the ages of 10 and 24. <sup>(4)</sup>

(1) Dosomething.org; (2) Bit Guardian;  
(3) Vox.com; (4) Oregon Health Authority

THANK YOU TO THE FOLLOWING ORGANIZATIONS FOR HELPING US GROW A SAFER, MORE CONNECTED COMMUNITY

AVID | Blanchet Catholic School | Boys & Girls Club of Salem, Marion & Polk Counties | CASA of Marion County | Dallas Community School | Enlightened Theatrics | Groundwork Leadership Institute | Marion County Sheriff's Department | Marion & Polk Early Learning Hub, Inc. | McKay High School | Salem-Keizer School District | Sprague High School | U Matter

FOR TOOLS & TRAININGS

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*A program of Liberty House and Hope & Wellness Services*



# LET'S TALK ABOUT

How to help our children navigate the digital age.

OUR TOOLS, RESOURCES AND TRAININGS CAN HELP.



[iRespectandProtect.com](http://iRespectandProtect.com)



## FOR PARENTS, CAREGIVERS & EDUCATORS

- **Custom trainings** for youth-serving and faith-based organizations, parents/caregivers, and educators.
- Gentle and non-shaming **conversation starters** for parents/caregivers seeking to connect with their children on a deeper level.
- **Educational toolkits** for elementary, middle, and high school youth.
- **Resource links** to community connections and opportunities.
- **Free** and available in over 30 languages.

iRespect&Protect is a community campaign supporting the lives of youth, families, and communities by fostering positive self-worth, promoting healthy online choices, and encouraging safe relationships.



## FOR YOUTH & TEENS

- **Conversation starters** to approach difficult topics.
- **Interactive tools** and downloadable worksheets.
- **Assessment** tools/quizzes for device dependency and over-use.
- **Online support resources** for bullying, online cruelty, sexting, and building safe relationships.
- Customizable **digital media contracts**.
- **Crisis helpline referrals**.

