

MASK[®] Life Hacks #1

MASK[®] Take a MASK Minute



MASK[®] Life Hacks #2

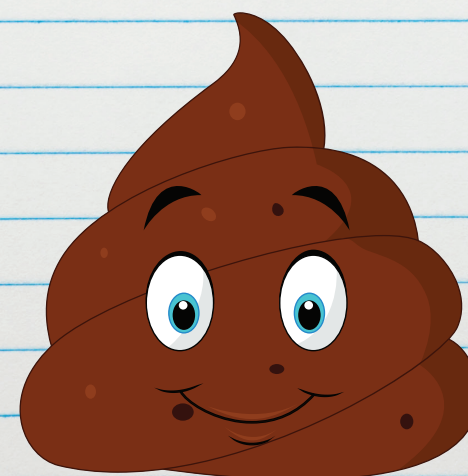
FEEL AND DEAL



Identify it!



Deal with it!



Own it!



MASK⁺Life Hacks #3

BUILD YOUR OWN FIREWALL



- ★ How do you build your firewall?
- ★ You should be careful with what you make public on the Internet.

MASK[®] Life Hacks #4

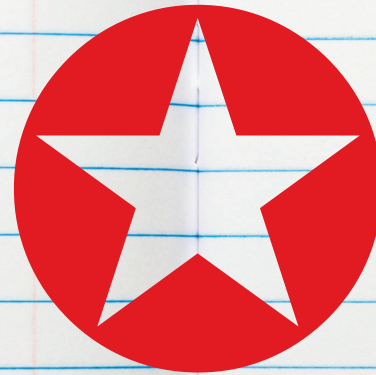
4 UR SELFIE

DIGITAL DETOX

4 UR SELFIE

MASK[®] Life Hacks #5

4 UR SELFIE



Taking time away from the internet reduces things like stress, depression, and gives your brain a mental break.

MASK[®] Life Hacks #6

#COOL2BKIND

- ★ Compliment others.
- ★ Thank others for being positive.
- ★ Send a positive message.

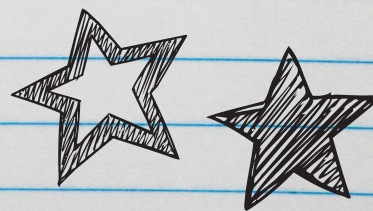
MASK[®] + Resources



REPORT SUSPICION OF CHILD SEXUAL
EXPLOITATION TO YOUR **LOCAL POLICE,**
YOUR ICAC (**INTERNET CRIMES AGAINST
CHILDREN**) TASK FORCE

NATIONAL CENTRE FOR MISSING AND
EXPLOITED CHILDREN'S CYBERTIPLINE
(**WWW.CYBERTIPLINE.COM** OR
1-800-843-5678)

TEEN LIFELINE: **1-800-248-8336**



CRISIS TEXT: **TEXT 741741** TO
TEXT WITH A TRAINED COUNSELOR



VISIT: MASKMATTERS.ORG

