EVERGREEN CAREGIVER SUPPORT • YOUTH EMPOWERMENT & DIGITAL SAFETY

Youth Digital Bill of Rights

Your Boundaries, Your Privacy, and Your Safety Online | EvergreenCaregiverSupport.org

- **Your digital identity, body, and image** are yours to respect, control, and protect.
- **You have the right to be safe** in every app, game, chat, and online community.
- **You have the right to say "NO"** to any message, request, link, or interaction that feels uncomfortable, confusing, or unsafe.
- **You do not have to send photos, videos, or personal information** to anyone - no matter who they are, what you shared before, or what you agreed to earlier.
- **You have the right to keep your accounts, passwords, and location private and to decide who has access to your online spaces.**
- **You have the right to report bullying, threats, sexual content, or anything that feels wrong - to the platform and to a trusted adult.**
- **You have the right to say "NO" to gifts, money, game credits, or favors** that come with strings attached, secrecy, or pressure to owe someone something in return.
- **You don't have to give an explanation or apologize for blocking, muting, logging off, or saying "I don't want to."**
- **You have the right to take breaks, log off, and protect your sleep and mental health.**
- **You have the right to trust your instincts when an online friendship feels overly intense, secretive, or stressful.**
- **You never have to meet in person anyone you only know online without telling a trusted adult first.**
- **You have the responsibility to respect other people's digital boundaries** and their right to say no, decline to share, or step away.
- **You have the right and responsibility to protect yourself and others** by refusing to forward, post, or share private images or harmful content.
- **It is never your fault** if someone online tricks, pressures, threatens, or forces you into doing something you did not want to do.
- **You have the right to speak up and get help** if anyone threatens to share your private photos, secrets, or personal information (sextortion) or tries to control your accounts or money.
- **You have the right to find a trusted adult** and tell them what happened without fear of blame, judgment, or being punished for asking for help.

You deserve to be treated with dignity, respect, and care - and you never have to navigate online pressure or threats alone. You are a valuable person and an important part of your community both online and offline.

EvergreenCaregiverSupport.org • Adapted for digital safety and youth empowerment by Evergreen Caregiver Support from the "Personal Bill of Rights" by Ellen Hohenstein and Arline Kennedy, integrating core safeguarding principles from the D.E.T.E.C.T. (Digital Exploitation & Threat Evaluation for Child Trafficking) framework.