

# Take it Down.

[takeitdown.ncmec.org](https://takeitdown.ncmec.org)

Take **It** Down

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English (English) ▾

Take It Down.

Having nudes online is scary,  
but there is hope to get it taken  
down.

This service is one step you can take to help remove  
online nude, partially nude, or sexually explicit photos  
and videos taken before you were 18.

[Get Started +](#)



# Internet Crimes Against Children

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



# Slang

## Sexual Emoji Meanings **You Should Know**

-  : A large/shapely bottom
-  : Sexual activity
-  : Hourglass body shape
-  : Desiring someone
-  : Nude images
-  : Risqué content



**Passwords  
are doorways**

Would you give your kid a **single set** of keys to their very own apartment?





# Screen time

# Your Awesome Brain

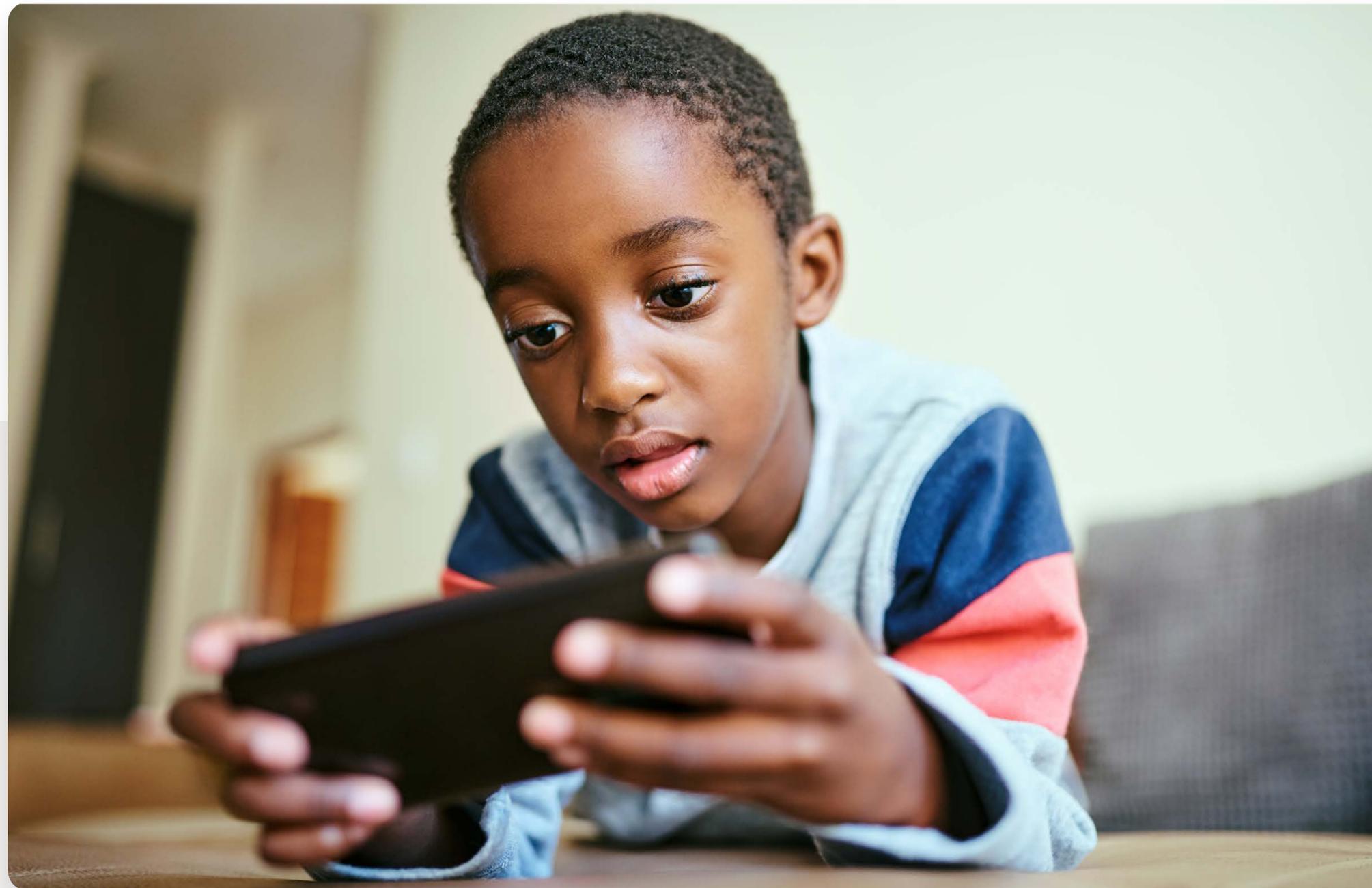
When we **accomplish, learn, or discover** something new we get rewarded with **dopamine**, which makes us want to repeat feel-good behaviors. This is called the reward circuit.

Before technology, Paleolithic people got dopamine from eating, drinking water, and socializing to help them survive. Now, almost everything on computers, phones, televisions, and gaming systems is **designed to give constant rushes of dopamine** to keep us on our devices longer.

Pleasure and pain work like a **balance** in our brain, just like a teeter totter. The pleasure-pain balance wants to remain level. When the balance tips heavily toward pleasure from too much dopamine, the after-response to the pain side is stronger and longer. This can make us feel more anxious, sad, or mad.



# Consumption



# Creation



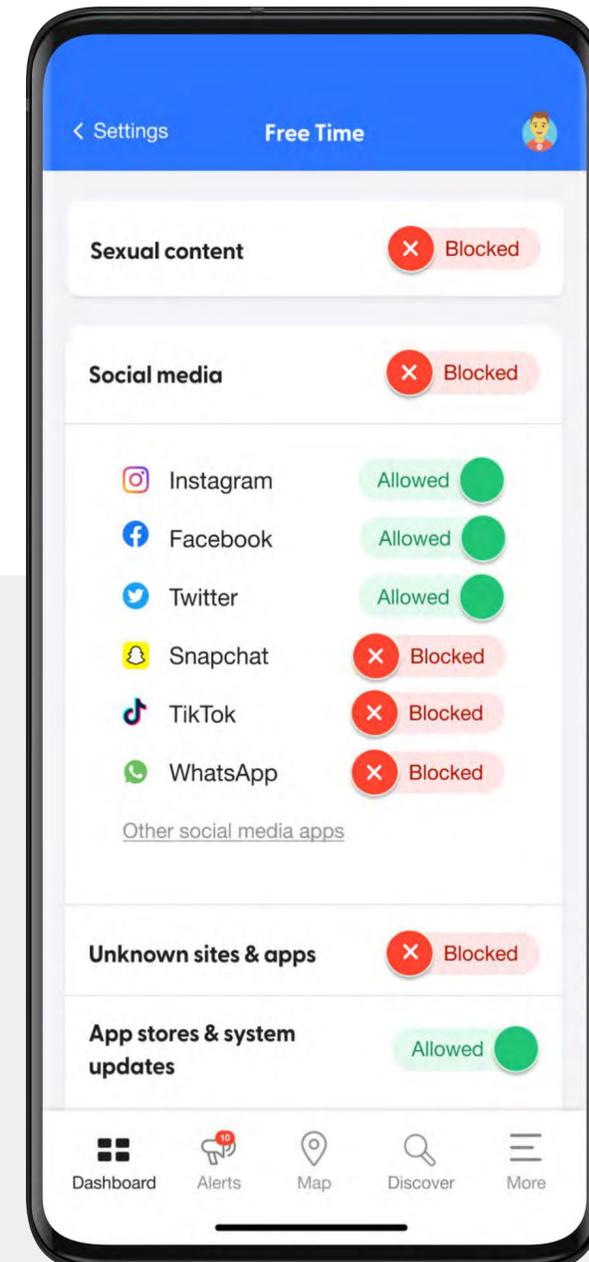
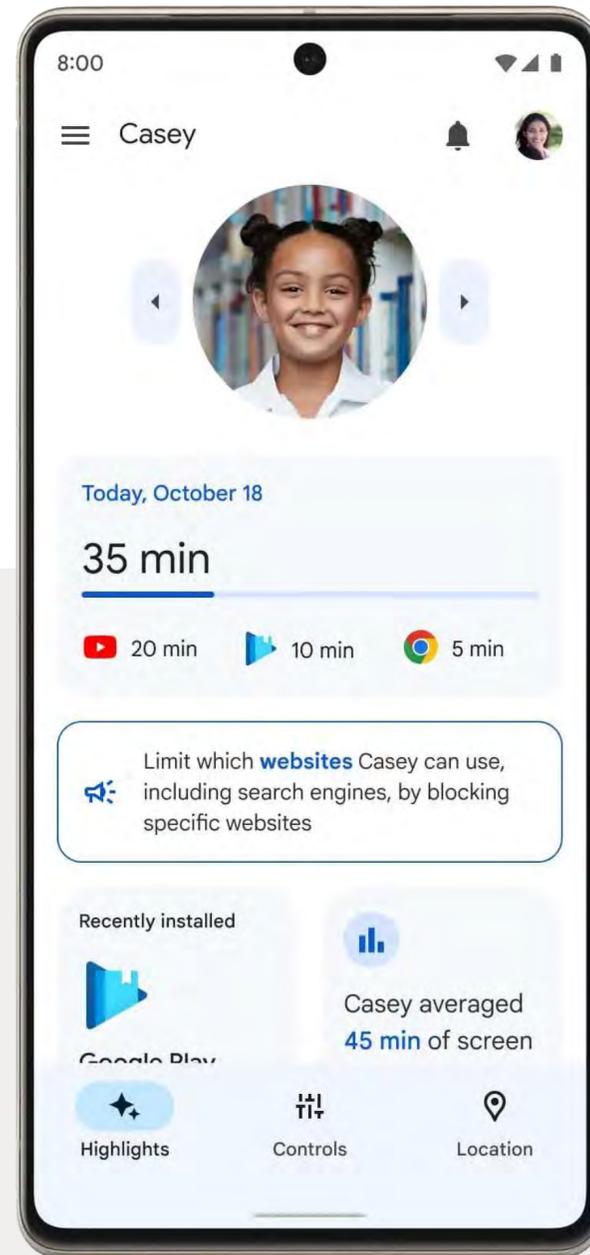
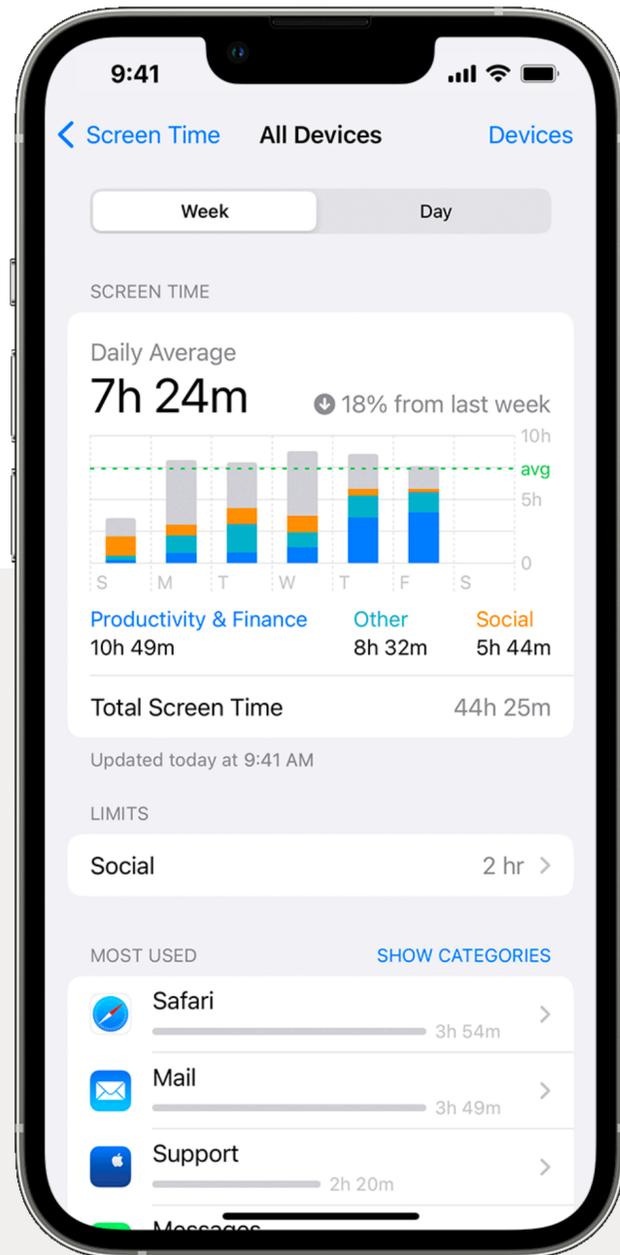
# Competition



# Curation



# Quality over Quantity



# Ferrari or Honda?



# Rotten Apple



THE WALL STREET JOURNAL.

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TECHNOLOGY | PERSONAL TECHNOLOGY | JOANNA STERN

## How Broken Are Apple's Parental Controls? It Took 3 Years to Fix an X-Rated Loophole.

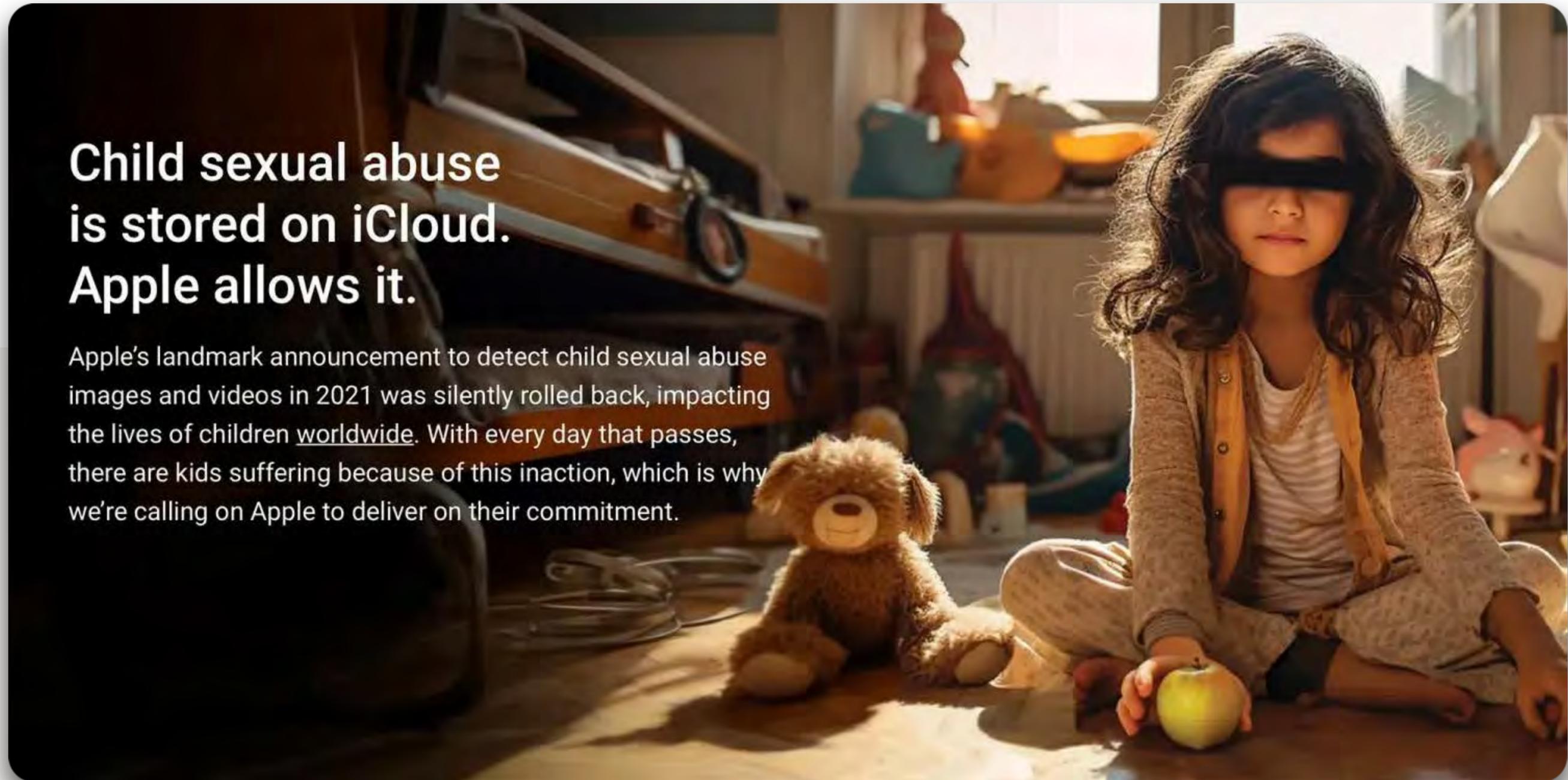
Apple's Screen Time continues to be marred by bugs that let its youngest users circumvent parental controls



# Rotten Apple

**Child sexual abuse  
is stored on iCloud.  
Apple allows it.**

Apple's landmark announcement to detect child sexual abuse images and videos in 2021 was silently rolled back, impacting the lives of children worldwide. With every day that passes, there are kids suffering because of this inaction, which is why we're calling on Apple to deliver on their commitment.





**Additionally...**

# Tech contract



## Family Tech Contract



### I will:

- Immediately answer a call or text from my mom, dad, or other family member.
- Ask my parents before I download any apps on my phone.
- Ask my parents before sharing any photos online.
- Tell an adult if anything online makes me nervous or afraid.
- Leave my phone in the kitchen to charge at night.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### I understand that:

- My parents can take my phone away from me at any time.
- Having a phone is a responsibility that I will take seriously.

### I will not:

- Add, text, or interact with anyone online that I do not know.
- Be mean, spread rumors, or make fun of people online.
- Make fake profiles or pretend to be someone else on the internet.
- Use my phone during school unless there is an emergency.
- Use my phone (calls, text, or social) while I am driving.
- Share my address, phone number, or other personal information online.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

.....  
*Child Signature*



**It takes a village**

# Parenting in a Tech World

 [The Facebook Group](#)

**652K active, engaged**  
parents and caregivers  
just like you

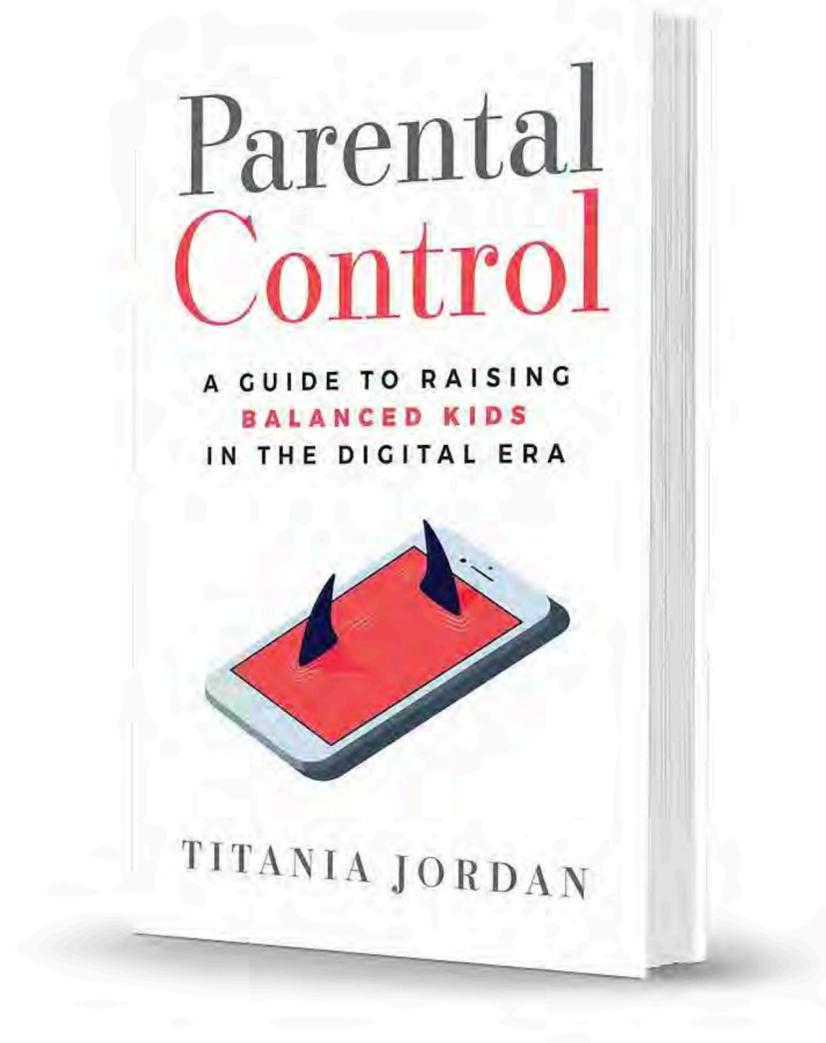


The screenshot shows the Facebook interface for a group. At the top left is the 'facebook' logo, and at the top right is a blue 'Log In' button. The cover photo features a desk with a laptop, a mug, a water bottle, and a plant, with the text 'Parenting in a TECH WORLD' overlaid. Below the cover photo, it says 'Group by Titania Jordan of Bark Technologies'. The group name 'Parenting in a Tech World' is displayed in bold, followed by 'Private group · 652.8K members'. A prominent blue button with a plus icon and the text 'Join group' is visible at the bottom of the group header.



# Resources

# Read



## PARENTAL CONTROL

Launching in March 2025, *Parental Control* is an essential guide for parents navigating the complexities of raising children in a tech-dominated world. This book explores how technology has reshaped childhood over the past two decades, highlighting key challenges like screen time, social media, and online safety.

It empowers parents and educators with practical tools and strategies to keep kids safe and grounded while allowing them to enjoy the benefits of technology. With expert insights and real-world solutions, *Parental Control* is a must-read for any parent wanting to protect their child in today's digital age.

[Barnes & Noble](#)

[Amazon](#)

# Read

