

COVID-19 Checklist for Protecting Children

Responding to COVID-19

With schools closed due to the COVID-19 outbreak, many children will spend more time online or be in positions that could put them at increased risk. The Federal Bureau of Investigation (FBI) is alerting parents, guardians, educators, and other caregivers to the possible increased danger of online sexual exploitation and signs of child abuse. Some tips from the Bureau are below. For additional details on exploitation, please read the [full FBI document](#) or visit the FBI's [About Protecting Your Kids](#) page.

Online Child Exploitation

- Discuss internet safety with children **of all ages** who engage in online activity.
- Review and approve games and apps before they are downloaded.
- Set the strictest possible privacy levels on online gaming systems and electronic devices.
- Monitor your children's use of the Internet; keep electronic devices in an open, common room of the house.
- Check your children's profiles and what they post online.
- Explain to your children that images posted online will be on the internet permanently.
- Make sure children know that anyone who asks a child to engage in sexually explicit activity online should be reported to a parent, guardian, or other trusted adult and to law enforcement.
- Send a clear message that victims should not be afraid to tell law enforcement if they are being sexually exploited. It is not a crime for a child to send sexually explicit images to someone if they are compelled or coerced to do so.

Child Abuse Awareness

- Teach your children about body safety and boundaries.

- Encourage your children to have open communication with you.
- Be mindful of who is watching your child for childcare/babysitting, playdates, and overnight visits.
- If your child discloses abuse, immediately contact local law enforcement for assistance.
- Children experiencing hands-on abuse may exhibit withdrawn behavior, angry outbursts, anxiety, depression, not wanting to be left alone with a specific individual, non-age appropriate sexual knowledge, and an increase in nightmares.

Reporting Exploitation

If you believe you are — or someone you know is — the victim of child sexual exploitation:

- Contact your local law enforcement agency.
- Contact your local FBI field office or submit a tip online at tips.fbi.gov.
- File a report with the National Center for Missing & Exploited Children (NCMEC) by calling 1-800-843-5678 or emailing www.cybertipline.org.
- When reporting, be as descriptive as possible. If known, provide the name and/or user name of the offender, email addresses, phone numbers, and websites used by the offender, and a description of all interactions. Try to keep all original documentation, emails, text messages, and logs of communication. Do not delete anything before law enforcement is able to review it.
- Reporting may be embarrassing or uncomfortable for the parent or child, but providing all relevant information is necessary to find the offender and stop the abuse.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

Protect yourself and others from
COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



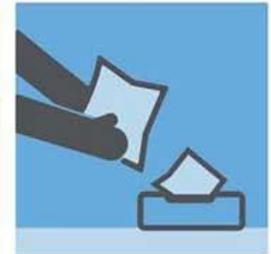
PRACTICE
SOCIAL
DISTANCING



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov