



THE SPECTRUM OF INFLUENCE

There are various degrees of social influence all around you.
Learning to recognize them is key to protecting yourself from exploitative relationships.

Safe to Continue: Ethical Influence

- Nurtures your independence
- Respects your other relationships and interests
- Encourages access to information
- Leaves you in control of your choices

Caution — Early Signs of Mind-Hacking

- Disregards your personal boundaries
- Pressures your thoughts, feelings, and behavior
- Begins to isolate you
- Leaves you feeling confused

Danger! Undue Influence

- Fuels fears
- Controls your time and keeps you isolated from others
- Demands unquestioning commitment
- Leaves you obligated to get permission before making decisions

NJ Safe & Sound Volunteers:

- ✧ Teach teenagers and adults of all ages about the various degrees of social influence and how to protect themselves — and their loved ones — from predators, abusive partners, gangs, human traffickers, financial scammers, and other malicious individuals and groups.
- ✧ Promote legislation against predatory alienation and undue influence.



Education to Strengthen Families

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Learn more at njsafeandsound.org and facebook.com/njsafeandsound.

**Email info@njsafeandsound.org
to request your free copy of:**

*Mind-Hacking Alert: A Young Adult's
Guide to Recognizing Undue
Influence and Resisting Abusive
Relationships*

*Mind-Hacking Alert for Seniors:
Protecting Yourself and Your Loved Ones
from Undue Influence and Elder Abuse*

