What's it about?!

Sexting is a term which describes the sharing of intimate images of yourself with others. using online technologies and social networking sites.

It can often happen when your judgement is clouded (eg pressure from someone else, alcohol or drugs) and can result in you:

- sending accidentally
- being brave about a naughty photograph
- feeling sexually confident
- feeling less inhibited and less aware of risk and consequences
- doing it as a dare
- thinking that it is a good laugh and there is no harm in it

Is it illegal?

It is illegal, but the police have stated that young people should be treated as victims in the first instance and not usually face prosecution. The police's priority is those who profit from sexual images of young people … not the victims.

So if this has happened to you try not to panic… it is not the end of the world. It just needs some thought on how you can minimise the effect of your mistake.

The first steps:

1 First off, are you OK? **Do you need support?**

2 **Find the best person to support you** right now… friends, family, school?

3 **Telling your parents** may be your worst nightmare, but how are they going to help you if they don't know?

4 **Be honest** about what has happened. People are only able to help you when they have all the facts

5 **Don't wait.** The quicker you deal with it the more control you have.

6 **If someone is pushing or forcing you to get naked online, you should report them to the Police.** Not only is it illegal but you may also be preventing them from doing it to someone else.

Take control…

1 If **you** posted it onto a social media site, then **remove it as soon as you can**

2 If you sent it to someone else, you need get in touch with them as soon as possible and **ask them to delete it** before it goes any further.

3 If you think it has been shared wider, you might want to **turn to your friends for help**. Your close friends will often be able to help you manage the situation

4 If the image is posted by someone else on a social media site then **report it**.

- You need to use the site's reporting tools

- It's not enough just to say "I don't like it." If it is a naked or semi-naked image of you, tell them it breaks their terms and conditions.

Take control...

5 **Check other places your image might be by searching for your name or username.**

- Use different search sites

- Put your name in inverted commas ("Jane Smith") It's more accurate!

- If you have a popular name, use an additional help word ("Jane Smith" + Croydon)

6 **Bury the bad stuff:**

- Increase your positive online presence

- Set up a blog and write a few posts

- Make positive comments on online news articles and websites

- Engage positively with your social networking site

- Contribute positively to a few other different social networks especially Twitter which is public and open

- Take control of what people can see. The more positive stuff you add, the further down the search lists the unwanted content will be.

7 Our partners at the **IWF** and **Childline** are working together to help you remove sexting images. They won't judge you: they'll just help you. Get in touch at **www.iwf.org.uk**

8 Sometimes it is impossible to delete everything online. You will feel more in control if you have planned what you will say if people ask you about it:

- I've made a mistake

- I've been really stupid

- I've learnt by it

- I've moved on

Can I get help?

There are lots of places you can get help:

Childline   www.childline.org.uk

Get Connected   www.getconnected.org.uk

ThinkUknow   www.thinkuknow.co.uk

Or you can download the Zipit app from the Childline website (Supported by IWF)

For more information visit:

www.saferinternet.org.uk/sexting

so you got **naked** online...

A resource provided by the South West Grid for Learning