

SEXTORTION 101

A QUICK GUIDE FOR YOUNG PEOPLE

WHAT IS SEXTORTION?

It is a type of **blackmail** where someone threatens to share nudes or sexual images of you.

When this happens a person might try to make you do something to stop them from sharing the images. They might ask you to share more nudes or sexual images, keep dating them or hooking up with them, give money, or do other favours.



HOW DOES SEXTORTION HAPPEN?

The person might have your nudes or sexual images because you shared them while dating or were convinced to send them, sometimes after they sent sexual images of themselves as a trick.

Someone you haven't met before could message you through apps or platforms like Snapchat, Instagram, or WhatsApp and try to get you to send nude or sexual images.

Someone might try to build trust by flirting, complimenting you, making you feel special, or sending images, often of someone they're pretending to be.

Sometimes, once you send what they want, they threaten to share these intimate photos, videos, or information unless you meet their demands.



WHAT TO DO IF YOU'RE TARGETED



DON'T PANIC! You might feel a lot of feelings, like betrayal or embarrassment, but there is support available to help you get through this.



REMEMBER THAT IT IS NEVER YOUR FAULT if someone tries to extort you, even if you have shared your nude or sexual images with them. What they are doing is wrong and illegal, and it's your rights that are being violated.



DO NOT RESPOND TO THREATS. Sending more nudes or money often leads to more demands. For example, they will ask for more graphic images or higher amounts of money.



STOP COMMUNICATING with the person who is threatening you.



REACH OUT to a trusted adult or **contact NeedHelpNow.ca** to get confidential support.



TAKE SCREENSHOTS of the messages you received and/or exchanged with the offender and their profile, including their username.



TEMPORARILY DEACTIVATE your accounts while you get help, and **do not delete** your social media account or images. You may need screenshots or other evidence of what happened.

RESOURCES AND SUPPORT

If you have experienced or are experiencing sextortion, please know **YOU ARE NOT ALONE**. The following organizations have helped hundreds of people get through this, and they can help you too.



NeedHelpNow.ca provides expert support for victims of sextortion and can help connect you with more support services if needed.



Kids Help Phone (1-800-668-6868) can also provide urgent emotional support and support on what to do next.



Project Arachnid is a tool that helps victims have their images removed if they are shared publicly.

LEARN MORE AND
FIND SUPPORT AT
diydigitalsafety.ca

  
@diydigitalsafety.ca

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