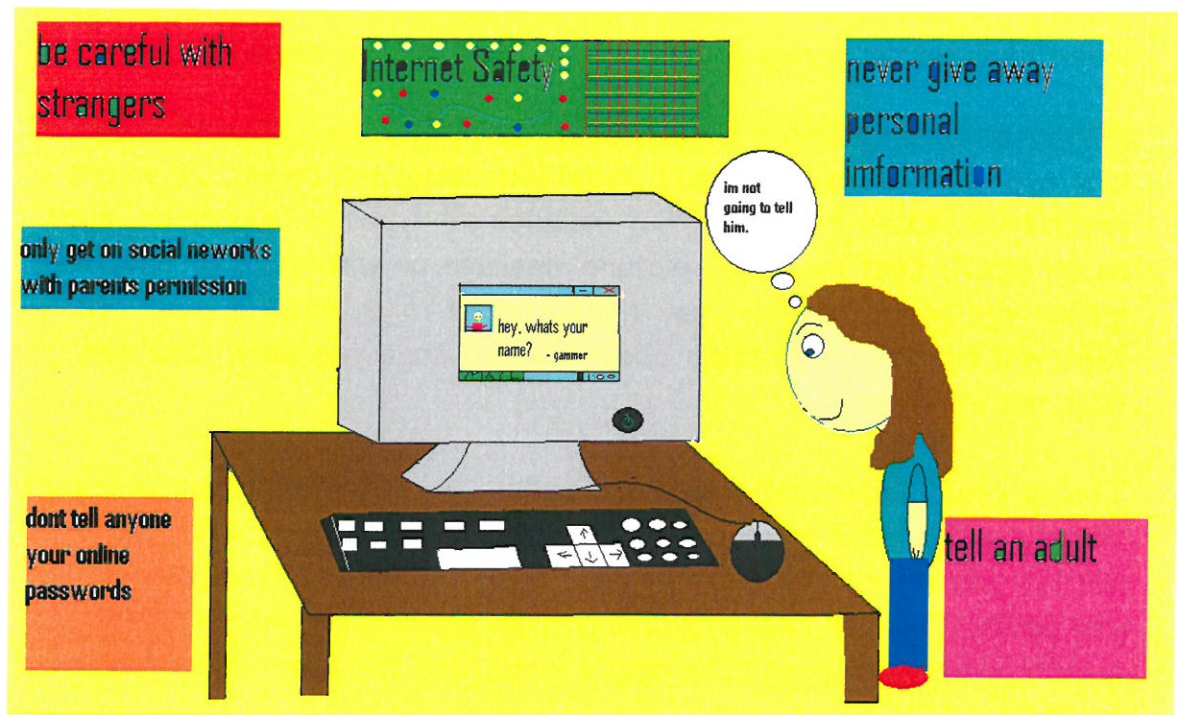




**YOU.
YOUR FRIENDS.
THE INTERNET.**

**Keeping yourself safe,
Keeping the internet fun.**

www.thinkuknow



Child line – Free phone 0800 1111

I've been sent a rude photo. What do I do?



If you've asked for a rude photo or somebody like your boyfriend or girlfriend has sent you one out of the blue, don't pass this photo on or share it with anyone. Think about how that person might feel if somebody else saw it. If you are asking your boyfriend or girlfriend for a naked photo - think about how much trust they will need to give you and how much pressure you will be putting on them.

If you've been sent a rude or sexual photo from a stranger, you should speak to an adult in your life that you trust and tell them what you have received. This is really important if you are under 18 or the other person is much older than you. You can also report them using CEOP's reporting website and block them from contacting you again. This will stop them from sending you more inappropriate pictures. Find out more about what you can do if an adult or someone *older than you is trying to get you to send sexual images*.

An adult has sent me a sexual message. What should I do?

Not everyone is always honest about who they are online. If you've received a sexual message (that includes all types of messages, such as an email, text message, picture message or voicemail) or one that makes you uncomfortable, you should speak to an adult in your life that you trust. Telling them about the message you were sent can help the situation.

This is really important if you are under 18 or if the person who sent you the message is much older. Many social networking sites and apps will let you report the message and block the person from contacting you again. This will help stop them from sending you more inappropriate messages. It's also a good idea to report what happened to CEOP.

In Scotland, it is illegal for an adult to send you a sexual message if you are 15 or under. If this happens to you and you live in Scotland, you should talk to an adult you trust who can help you report it to the police. An inappropriate message from an adult could include things like "what are you wearing?"

If you're worried about anything you've been sent or you're not sure what to do, you can always talk to **Child Line 0800 1111**.

How do I block someone online?

When you block somebody online, it stops them from being able to contact you. You will no longer see messages from them and can stop somebody harassing you for images or bullying you online.

Go onto www.thinkyouknow to find out how to block someone on:

- Facebook
- Twitter
- YouTube
- Instagram
- Tumblr
- Pinterest.

How do I block somebody from calling or texting me?

With text messages and calls it can be a bit harder to block someone. This means you should always be careful about giving people your phone number.

You can block a particular number from contacting you on some mobiles.

BBM and most messenger apps let you un-invite or block users. Check your phone user guide to see if yours can. If it gets too much, getting your phone number changed or buying a new SIM card is another option. A parent or carer could help you with this.

Someone is threatening to share photos of me and using blackmail
Blackmail is when somebody uses threats or pressure to try and make somebody else do something. For example, a boyfriend or girlfriend could say, "If you split up with me, I'll post that naked photo of you on the internet."

Trying to manipulate someone in this way is wrong and it is not your fault if it's happening to you. You might think that they have all the control in this situation, but they don't. If you are under 18 and your ex sends a picture of you onto somebody else, they will be breaking the law.

If images are being used against you, you can fill out a report form on the CEOP website or talk to ChildLine free on 0800 1111 about any worries you might have.

Is sexting against the law?

Having sexting photos or videos on your phone or computer

If you are under the age of 18, the law sees you as a child.

Therefore, if you have any indecent images or videos of somebody who is under 18 you would technically be in possession of an indecent image of a child - even if you are the same age. This is an offence under the Protection of Children Act 1978 and the Criminal Justice Act 1988.

Sending sexting photos or videos

If you are under 18 and you send, upload or forward indecent images or videos onto friends or boyfriends/girlfriends, this would also be breaking the law, even if they are photos of yourself ('selfies').

Will Child Line get me into trouble?

NO! We know that sexting happens and many people see it as a normal part of life. Child Line isn't here to get you into trouble. We understand the reasons why you might end up sexting and its okay to make mistakes. It is also okay to be afraid or concerned about reporting something or asking for help but this is often the first step in dealing with things like this.

No matter what has happened - whether you've sent an indecent photo of yourself, asked for a photo or shared one with friends - Child Line can help.

I've sent a photo to someone and I wish I hadn't, what can I do?

If you have sent an image to someone and wish you hadn't, have an honest conversation with them and ask them to delete it. The quicker you are able to do this the better, as you may be able to stop them passing it on.

A picture of me is going around school. What do I do?

When sexting goes badly, it can make you feel ashamed, guilty, embarrassed or anxious about what people might say - this is a natural reaction. The good news is that there are things you can do to make the situation better and prevent it from happening again.

The sooner you talk to somebody about the situation the better. This could be your mum, dad or a school teacher. Your school will have ways of dealing with these sorts of problems and can confiscate mobiles if they believe they have sexual images on them. The sooner you tell somebody, the more likely you can stop the image from being shared further.

You can also contact a ChildLine counsellor on 0800 1111 or through 1-2-1 online chat. We don't have to tell anybody else what has happened if you don't want us to. In some cases, if the photo has been posted online, ChildLine can try and get it taken down.

Photos of me have been posted on the internet. What can I do?

If you know that an indecent or sexual image of you or a friend has been posted on the internet, you can contact the website, such as Facebook or YouTube, to have it removed. You can do this by visiting the help and safety areas of the website and following their reporting links. You can also talk to a ChildLine counsellor to see if they can help take the photo down.

Can I talk to ChildLine about sexting?

Yes. ChildLine gives information and advice on a range of issues for young people up to the age of nineteen. Whether you're worried about sex, the way you look, feeling embarrassed, bullying or relationships - ChildLine can help.

- We know how sexting can easily happen and the sorts of worries you might have.
- We understand that you might be under a lot of pressure - it's okay to make mistakes.
- We're not here to judge or get you into trouble.
- We won't tell anybody else what has happened.
- We're not easily shocked by what you tell us.
- You don't have to go into detail if you don't want to.
- We will listen and support you in making the situation better.

Sometimes, it helps to get a fresh perspective on things - we might suggest things that you haven't thought of before and can help to get images taken down. If something's on your mind, don't bottle it up - it helps to talk

Call Child Line free on 0800 1111 or have a 1-2-1 chat online

Not everyone is always honest about who they are online. If you've received a sexual message (that includes all types of messages, such as an email, text message, picture message or voicemail) or one that makes you uncomfortable, you should speak to an adult in your life that you trust. Telling them about the message you were sent can help the situation.

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If this happens to you and you live in Scotland, you should talk to an adult you trust who can help you report it to the police. An inappropriate message from an adult could include things like "what are you wearing?"

If you're worried about anything you've been sent or you're not sure what to do, you can always talk to ChildLine.

Read more about online grooming or find out about blocking and reporting people on social networks www.thinkuknw

Can I ask ChildLine to get a photo taken down from the internet?

You can contact ChildLine free on 0800 1111 or through 1-2-1 chat online for support. For help getting a photograph removed from the internet, ChildLine can make a report to the Internet Watch Foundation (IWF) for you.

ChildLine is a confidential service, but for us to make a report on your behalf to the IWF we need you to confirm who you are and your date of birth. Please speak to a counsellor to find out more about what this would involve.

Unfortunately, there may be situations where the IWF can't get a photo removed. You can talk to a counsellor more about this over the phone but we will try our best to help you as much as possible.

Top Ten Internet Safety Tips

1. Passwords - Remember to keep your online account id and passwords private. Don't share it with anybody. If you think someone else knows it then change it.
2. Personal Information - Never give out personal information online or post it on your profile page e.g. your phone number, e-mail address, personal photos, your name or your password.
3. Be careful what you post - Think about who you are chatting to and what you write in chat rooms, emails and instant messages. Nothing online is completely private. Think about what you send also because provocative photos or intimate details could be used against you or cause you problems later on.
4. Online Only - Never agree to meet an 'online' friend in person. This person might not be who you think they are. Even if they say they are your age, seem nice or friendly and they understand you. Remember that there are adults that pose as younger. Knowing that, if you feel there is someone you must meet then tell a friend, make sure they go with you and meet them in a public place.
5. Photos - Don't share photos of yourself with anyone you don't know. Choose a sensible picture for your profile. Don't share provocative photos of yourself or friends. Once they are 'out there' you cannot control who sees them and what happens with them.
6. Personal Safety - Remember you don't have to respond to any messages that make you feel uncomfortable.
7. Protect yourself and your computer - Do not open attachments or photos from people you don't recognize even if they are addressed to you personally or come to your Inbox.

8. Surfing - Do not click on 'pop-ups' or 'banners'. Visiting inappropriate websites can put you at risk and your computer's safety at risk. Use your computer responsibly and remember that your usage is recorded and can be tracked.

9. Exit - You can log off at any time! You can delete and block any individual at any time!

10. Report - If anyone or anything makes you feel uneasy or uncomfortable then report it. You can report this to CEOP or seek advice from a Parent / Keyworker / Social Worker / Teacher.

Need immediate help?

Do you need immediate help or have a real emergency? If so phone the police on 999



Child line Freephone 080 1111

