



What to do if...



**Someone sent
me nudes**

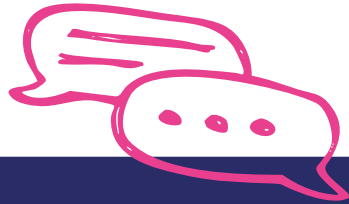
Your guide on **what to do if** someone
sends you indecent images

When you're a child and someone sends you indecent images, they have broken the law. This can mean photos that include the person's private parts, or photos where the person is wearing underwear.

We know from listening to children in Respected and Safe that **this happens too often**, but **it is never okay** and we need to do more to change it.

Remember: the law is there to protect you.

It's normal to feel really uncomfortable, worried or upset if this happens to you online, and it's important to know that **you can always get help**.



You might feel scared to tell someone about what has happened because **you feel embarrassed**, or because you're worried about being in trouble.

But, **adults should always help you**, and it's important to know that **what has happened is not your fault**, no matter what.

WE HAVE SOME STEPS FOR YOU TO FOLLOW

The Safety Steps...

Stop and Don't Delete

If someone has sent you indecent images directly, or posted them into a group chat, it can be difficult to know what to do. You might feel shocked, or upset or even want to throw your phone across the room.

You might want to delete everything immediately, or reply to the person who has sent it. It's best to simply stop messaging them or that groupchat and don't delete it while you talk to someone. If you have already deleted the chat, try to remember the username or the group chat name and write it down if you can. You can still block the person and the app shouldn't delete the messages.

Even if the messages have disappeared or you have deleted everything, or even if it happened a while ago, you can and should still report what has happened. The evidence will still be in the app, even if you can't see it anymore.



Report It To The Police

It's **really important** that we get more of this kind of harm online reported to the police. It might seem like this kind of thing happens so often it's hard to stop it.

But, the more we can get online harm reported to the police, the more we can do to stop it.



You can report to the police **by calling 101.**

You might feel more comfortable doing this with some help. If you can, you should also tell a trusted adult. They might also be able to **help you** to report to the police.

We have supported children in lots of these situations, and **we are here to help you**, too.

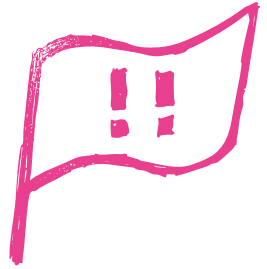
YOU CAN
ALWAYS TALK
TO US

You can ask your teacher to contact us anytime, or message us through our website.

If you really don't feel like you can call the police, you can also make a report on the CEOP website **www.ceop.police.uk**. Here, you can report confidentially using an online form where you'll have to write down what's happened.

Tell The Platform

As well as reporting what's happened to the police, you can also report the incident to the platform where it happened using in-app reporting tools.



Usually, when you tell a platform about something that has happened, they won't report it to the police, which is why it's important **to do that first**.

That way the user can be stopped from doing it to someone else, rather than making lots of other accounts (if they are just blocked or banned).

Reassure

When these things happen, different things can be helpful to different people, to help them feel better and safe.



If this ever happens to you, please remember you're not alone, many children go through similar experiences. It's never your fault, and you don't need to feel ashamed. It's actually really important you get to talk to someone for some extra support. **There are people who care and want to help.**


Use Your Voice

Knowing about the laws that protect you online can give you lots of power. Sometimes it might be far more powerful than you think to use your voice online if someone makes you feel uncomfortable or worried.




For example, if you know someone is breaking the law, sometimes just saying “I will report you to the Police” or “that’s illegal” can make you stronger, and make a really important difference.


Here are some of the reasons why:



It is likely to cause someone to stop.



The app algorithms might notice.



It might help someone else to spot it.

You could also use your voice to stand up for someone else if you see this happening to them.

Many children haven’t yet learned about the laws that protect them online, so you can use what you know to help each other.



Everything that happens
to you online is **important**.

cybersafescotland.org